

SUMMERSUMMERSUMMER

RHYTHMS

summer rhythms are meant to help you create a flexible routine for your week. what do you want your days to feel and be like? what new things do you want to try? how can you break out of your routine while still being productive? how can you incorporate fun? how will remain thankful when things don't go as planned?

monday

tuesday

wednesday

thursday

friday

saturday

sunday

things I'm
quitting?

things I'm
pursuing?
