

Summer is almost here! If you feel a pit in your stomach, it's not because you don't love your kids. It's not because you're a bad mom. It's a natural response to the huge life disruption hurtling toward you!

Think of all the things that are about to change: your sleep schedule, your diet, the people you're around, the things you spend your time on... It's a lot. So if you're feeling any kind of guilt or shame because you're nervous for school to get out, let's go ahead and just leave that here, kay?

This play book will take you through a 3-step process, based on concepts taught by Dan Sullivan, to plan and prepare for what lies ahead so you can step into this summer with ease and confidence.

If you remember the days before everything was online -before DVDs even- this will be easy to remember:

VHS

STEP 1: VISUALIZE

STEP 2: HURDLES

STEP 3: STRATEGIZE

These steps work for any kind of project you need to tackle, so you can reuse this over and over to help you achieve whatever you want. **IMPORTANT:** If you find yourself feeling overwhelmed or getting stuck, visit mollycash.com/summerplan for more free help. Let's go!

STEP I: VISUALIZE

Obviously you want a great summer, but let's get more specific. Take a couple minutes to picture yourself enjoying this summer. What are you doing? Visualize a few different scenes, some with kids and some without, that fit into the kind of summer you want to experience.

- Example 1: kids & friends playing night games in our front yard while parents chat & play cards
- Example 2: I have the house to myself for a couple hours, getting a lot done while kids have fun somewhere else
- Example 3: in the kitchen making cookies with kids
- Example 4: lying on the grass looking at the night sky with kids

Notice how these scenes *feel*. These feelings are your goal. Write the top 3 emotions you want to feel throughout this summer below. Examples: relaxed, productive, connected, playful.

1

2

3

Feelings come from thoughts, so you can create these emotions with your thinking, but we're also going to tackle some practical ways to make it easier to do so.

STEP 2: HURDLES

Once we start making goals or plans, our brains will tell us all the reasons it'll never work. We often push them away, trying to stay positive, but really we need to lean into those concerns. They show us exactly what we need to overcome in order to succeed. On American Ninja Warrior, they don't just start and hope for the best. They study each obstacle to work out how to get through it. That's what we're doing here. List everything that could derail the kind of summer you designed above. Pro tip: Think of all the things that keep you healthy and happy, then notice which of those will likely be disrupted.

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"All those obstacles that seem to oppose our goals are actually the raw material for achieving them." -Dan Sullivan

STEP 3: STRATEGIZE

If you're feeling a little discouraged at this point, that's ok! It's better to anticipate problems so we can plan for them instead of being blindsided when they come. Once we decide how we'll overcome the hurdles, we'll *know* we can succeed, rather than just hoping.

Go back to the last page, circle your top 3 biggest hurdles, and copy them below. Now imagine you've been hired to solve these problems for someone else. You are the expert and they're willing to try whatever you suggest, but you only have 10 minutes to come up with a strategy. It doesn't have to be perfect. Any plan is better than no plan, and there will be time for refining later.

	HURDLE	STRATEGY
1		
2		
3		

STEP 3: STRATEGIZE

Hopefully you're feeling more empowered and in control already. Use the next page to repeat the process for the rest of the hurdles and you'll be well on your way to the summer you want!

Now a word about expectations. Unmet expectations are to blame for a lot of our negative emotion. So we're going to expect for things to go awry sometimes. Little emergencies and hiccups aren't even a problem if we don't *think* of them as a problem. Give yourself the gift of filling out this cheat sheet for when you need to pivot.

fun place to go when plans fall through:

person to call when I need to vent:

indoor activity for bad weather:

what to eat when I can't deal with food:

person to take the kids in a pinch:

small escape when I'm losing it:

something the kids can do unsupervised:

STEP 3: STRATEGIZE

HURDLE

STRATEGY

STEP 3: STRATEGIZE

Are there steps you need to take to implement strategies above? Jot them down here, as well as a few other helpful things to think about.

Action items:

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Things to always keep on hand:

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Things to plan weekly:

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COMMITMENT

You did it! You now have a solid plan for creating a summer that feels the way you want. Now it's time to make a couple commitments.

1 Commit to the strategies you've outlined above... at least for a few weeks. I've found that families need an adjustment period of about 2-3 weeks. Don't throw in the towel until you've given it a real chance. Pick a date to reevaluate, and don't change anything until then.

No changes until

2 Commit to being kind to yourself. This includes all the self-care you planned above, AND the way you think about and talk to yourself. Beating yourself up when things go wrong doesn't help you do better. It does the opposite. When you think you're good, you feel good, and then do good. Support yourself by practicing thoughts like these below, and commit to stop negative self-talk whenever it starts.

- I am already the perfect parent for my kids.
- My value comes from being human and never changes.
- I'm figuring it out.
- I've always got my own back.
- I love me anyway.

You're ready! Remember, I'm here to help! I'd be honored to walk you through this. Go to mollycash.com/summerplan to book a free call.