

# SUMMER SELF-CARE BUCKET LIST



"Being a perfect parent is impossible and attempting to be one can lead to exhaustion. Our research suggests that whatever allows parents to recharge their batteries, to avoid exhaustion, is good for children."

Moira Mikolajczak of UCLouvain

Something that brings me joy is: \_\_\_\_\_

Book I've been wanting to read is: \_\_\_\_\_

Coffee shop/restaurant I've been wanting to try is: \_\_\_\_\_

Movie/TV series I want to watch is: \_\_\_\_\_

Something I used to do, that I want to try again is: \_\_\_\_\_

Something I've been wanting to ask for help with is: \_\_\_\_\_

A friend that I want to reach out to is: \_\_\_\_\_

I will schedule an unscheduled day on: \_\_\_\_\_

Something new I want to do with my family is: \_\_\_\_\_

One way I will take care of my health is: \_\_\_\_\_