**[Spring/Summer/Fall/Winter] Checklist**

**Experiences—alone**

[Example: Drive to the beach and meditate by the water at dawn.]

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**Experiences—with people I love**

[Example: Take a Soca dance class with Kate.]

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**Music**

[Example: Make an epic summer playlist with my favorite songs.]

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**Food**

[Example: Eat a perfectly crisp, cool, sweet slice of watermelon.]

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**Nature**

[Example: Have a picnic in the park, enjoying the sky and trees…with no cellphone.]

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**Big/Wild/Crazy**

[Example: Book a last-minute, totally spontaneous flight to Vegas!]

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