

[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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