



# summer expectations

## step one: identify

What are you hoping for this summer in regards to your relationships — whether that be with your spouse, kids, friends, or traveling partners?

my expectations are...

more realistically...

## step two: adjust

Ask yourself, "What do I have control over this summer? And where might I need to let go of control, recognizing I can't control others?"

## step three: communicate

Think of a safe person that you can share your expectations with & make a time to chat with them.

my plan is...