

Time for 'One More'

Summer always flies by. Before it's gone, squeeze in a few small moments to boost your mood.

- ☐ Take a walk somewhere new
- ☐ Read a book you've put off
- ☐ Host a last-minute get-together
- ☐ Try a new recipe
- ☐ Call (not text!) a friend
- ☐ Catch a sunrise or sunset
- ☐ Eat at a new restaurant
- ☐ Try a dish from a new cuisine
- ☐ Enjoy a decadent dessert
- ☐ Take a day trip to explore a new place
- ☐ Spend a day enjoying a favorite hobby
- ☐ Enjoy quality time with a loved one
- ☐ Give yourself a "no-agenda" Saturday



If there's anything I can do for you this month, or if you need a referral to a service professional of any type, just let me know. Oh, by the way...I'm never too busy for you or any of your referrals!