

Summer serenity inspiration!  
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Summer







How are you going to  
enjoy the abundance  
of *this* summer?





## *Summertime*

the kids are out of school, long-weekend plans are made, festivals, fairs and concerts are tantalizingly within reach.

Schedules are no less full than before, but the magic of summer means they are filled with new and exciting things; like cancelled meetings, time spent in new ways and new places.

The days are longer, the nights are warmer. **It's time to recharge, relax and give in to the abundance of summer.**





What is your  
favourite summer  
memory?



# Every summer

I'm completely envious of my school-aged son who gets to enjoy the entire summer, with no pressure and no schedule. He spends his days biking with friends, going to the pool, staying up late and sleeping in. I remember my own youthful carefree summer days so well.

Summer is a time when work is thrown into sharp relief against leisure. **And we may not like the balance.** It forces us to look at the "edges" of our work and life; it drives home the awareness of what's working in our careers, and what's not.



*Do you have a work*

*life you can love?*







Are you  
taking a  
vacation this  
summer?



# Vacations are so important

They keep the tunnel vision at bay. They pull you out of a hyper-focus on all the "to do's", the expectations, the deadlines... providing a perspective *that nourishes all of you*, not just the work you do.

The every day recedes and you can see what it is you're meant to be doing with a clarity that almost hurts. A glimpse into your truth, where everything you hold sacred aligns: your values, your beliefs, your gifts.

This window into your soul is so important, it helps you navigate your path, bringing into focus the deepest expression of what is meaningful to you so you can bring it *into what you do*. Vacations hold this window open, so you're able to see the possibilities of your own *deepest desires*. **So you can see the choices you get to make, the ones that decide how you spend your one precious and beautiful life.**

## Go on a summer vacation



*Do something barefoot*






A high-angle, top-down photograph of a person standing on a light-colored wooden deck next to a swimming pool. The person is wearing a large, round, woven straw hat with a dark band. They are also wearing a blue and white striped shirt and dark shorts. Their legs and feet are visible, standing on the wooden planks. The pool water is a vibrant blue with white ripples. The text "Dive into something new" is written in a black, cursive font, oriented vertically along the right side of the image.

*Dive into something new*





*Do absolutely  
nothing useful  
for one whole day*



# What happens if

During a quiet moment, you let yourself get intimate with what you do *for a living*.

Beyond being a job, let your work touch you. Can you open to your work this intimately for just a moment? To find your passion. To see how your work grows you. How it nourishes you. How it challenges you.

Look past the “firewall” that separates work and life. What lies on the other side? **This is important, because you’re the same person in work as you are in life, and you deserve the freedom and safety to bring your whole self to both.**







# My Manifesto

*I believe in changing the game, getting both what you need AND what you want. I believe nothing matters more than being with people you love. I believe that to be accepted all you need to be is a human who does no harm. I believe in taking time to rest, reflect, gather and enjoy the abundance of all that life has on offer. I believe you are made whole and well when you share your burdens and help others to carry theirs with compassion. I believe that life happens on the other side of your comfort zone - that if you aren't just a little bit scared, you're missing out. I believe failure has more to teach than books (and I LOVE books). I believe it's possible to be nourished by your work AND paid well.*

***I believe you have this one wild and precious life and it deserves nothing less than living your truth through everything you do.***

*Carleen*



# Summer Moments Checklist

- ☐ Eat outside (deck, patio or picnic)
- ☐ Nap where there's a cool breeze
- ☐ Visit a new-to-me place
- ☐ Go to a new-to-me cultural event
- ☐ Walk barefoot on the sand/grass
- ☐ Find the milky way in the night sky
- ☐ Run through a sprinkler
- ☐ Eat fresh fruit or veg right out of the field
- ☐ Listen to music outdoors
- ☐ Catch up with long-lost friends/relatives
- ☐ Hike a new-to-me trail/park
- ☐ Float on my back in the water
- ☐ Look for shapes in the summer clouds
- ☐ Roast marshmallows
- ☐ Watch fireworks





*Whats on your  
summer  
moments  
checklist?*

**Wendake International Pow Wow.** This important festival highlights authentic First Nations traditions at the Carrefour Artistique de Wendake. July 1-3





Hey

If summer's feeling out of reach  
because work has you chained to  
your laptop, maybe I can help.

Let's chat and find out.

Because you only get so many  
summers in your life.

Make the most out of this one (you  
can book here):  
<https://calendly.com/coachingwithcarleen/career-strategy-session>

Carleen



*Enjoy abundance this summer*

