



Tips for an Intentional & Revitalizing Summer!

By Adrian Pei

July 2nd is the exact half-point of the year: here are some ideas to finish well!



If January 1st is all about new goals, hopes and plans—what happens when the summer rolls around? After all, many of our calendars are already packed with vacation travel and kids' activities. Still, it feels silly to just put our goals and plans on hold, and wait until next January. Maybe there's a better way of thinking about this!

There are plenty of rhythms in life that make use of the **mid-year** as a time to assess, evaluate, adjust, and re-commit to goals and priorities. Some teams do this with strategic planning or offsite team-building sessions, and some companies do this with performance reviews. In a way, schools do this every summer, giving kids a chance to re-set grades and goals as they end the last year and begin a new one in the fall.

So why don't we do this with our own goals and plans? Here are a couple of reasons:

- We often need **structure** to help us be aware and intentional with our goals. The summer can feel like less of a structured time, with routines disrupted by travel and a lack of school for families with kids.



- We are **social beings**, and having people in and out of the office can disrupt some of the motivation that naturally comes with being around others, who often give us energy to keep up with our goals.

So there are challenges, but in other ways it can be easier and advantageous to do a mid-year assessment during the summer. For one, these months usually **provide a break** from the blinding pace of the rest of the year—when we can get enough space from the office or classroom to be able to reflect and think in a new way.

It's also been said that the status quo is the enemy of change, and **getting away from our homes, office, city or country**—whether for travel or other activities—can be inspiring and revitalizing! I often get some of my best, most innovative ideas when I take a day off, or when I'm traveling and experiencing new people and cultures.

So how do we put this into action this year? Here are some specific and practical ideas:

- The halfway point of the year is July 2nd. If you live in the United States, people often get a long weekend to celebrate July 4th, which includes an extra day of vacation. **Take one of those days to have a quiet, reflective day.** Lie on your couch, play some of your favorite music, and rest. Try to resist the urge for activity, busyness, and heavy device or Internet use.
- **Simply write down the following two things:**
 - What 1-2 things have you done or accomplished this year, that **you're most proud of?**
 - What 1-2 things do you **still want to make happen** in the 2nd half of this year?
- On July 4th, if you choose to celebrate or be with people, **tell people about** the progress you've made this year, and what you still want to work on. Let the fireworks help you to remember the things worth celebrating! If it feels right, you can also **ask other people** what they're grateful for, and what goals they have.



Talking with people helps move things from our heads to our hearts, and from paper into reality.

- **If you have a family or team, make time over the summer to check in:** *How are we doing? What adjustments do we need to make?* It can be casual, but ideally during a time when there aren't a lot of distractions, so people can feel connected—maybe over dinner at a quieter restaurant.
- **If you travel, bring a small plastic bag** to collect tickets, receipts, pamphlets, souvenirs and collectible items. As you look through this bag, think creatively about any ideas or inspirations you can take from your trip. I've gotten business inspirations from talking to restaurant managers, and organization and efficiency ideas from travels to Asia.

And if you're looking for more structure, support and ideas to help you achieve your goals, let me know! Our coaching and change cohorts are built to give you the frameworks, tools and stimulus to make things happen.

The summer is a great time to re-assess and make critical important adjustments. When I'm doing an exercise or strength workout, I often feel tired about halfway through. But research has shown that **the last half of a workout is the most effective portion**—often leading to the most gains and lasting results.

A lot of amazing growth and learning can happen in six months. Let's be intentional and make the most of the second half of the year!

I hope this article was interesting to you or helpful for discussion in your team or group! If you ever want a trainer or facilitator to speak on these topics, I'm here. You can e-mail me or [schedule a call on my website](#) anytime.



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