

# That Sounds Fun!

Summer 2023 *Could-Do* List



A large rectangular area with a light blue-to-yellow gradient background, containing 20 horizontal lines for writing. The lines are arranged in pairs, with a teal line on top and a red line on the bottom of each pair.

# That Sounds Fun!

Creating & Using Your Summer 2023 *Could-Do List*

## What's a Could-Do List?

It's like a to-do list, but more flexible & laid-back.

Think of it as a bucket list... only less demanding.

Your "That Sounds Fun!" list is your Summer Fun Menu.

## Getting Started

- Print your list as you envision how you want to spend your Summer.
- Jot down anything that sounds fun, from outings to food to activities and destinations, anything makes you gasp "Oh! That sounds fun!"
- Gather your people and get their input. What sounds fun to them?
- Hang your list where you'll see it and keep adding to it.

## Using Your "That Sounds Fun!" List

The beauty of a could-do list is its flexibility! You could...

- Set a fun-prioritization goal, like doing at least one thing from the list each week this Summer.
- Consult it when planning activities; getting things on the calendar makes it more likely that you'll do them.
- Use it on the fly - like on those days that really need to get out of the house.
- Choose based on your mood, energy level, kid preferences, temperature, schedule, or simply choose *whatever sounds fun* in the moment.

*A Note: Watch out for sneaky thoughts like "I'm supposed to do them all" or "We've only done a few, we should do more." This list is not about completion or perfectionism, it's about being present and prioritizing joy.*