



Summer Bucket List

Recharge & Reset Table

MOOD	ACTIVITY	TIME NEEDED	WHERE TO DO IT
STRESSED	Guided meditation or yoga	10–20 min	Bedroom, park, or YouTube
TIRED	Power nap in a hammock	20–30 min	Backyard or balcony
OVERSTIMULATED	Screen-free journaling	15–30 min	Anywhere quiet
UNINSPIRED	Solo café visit or bookstore	1–2 hours	Local coffee shop
DRAINED	Spa night (face mask + music)	45–60 min	Home bathroom
RESTLESS	Nature walk with a playlist	30–60 min	Trail, neighborhood
ANXIOUS	Breathwork or aromatherapy	5–15 min	Bedroom or wellness space
REFLECTIVE	Build a vision board	1–2 hours	Desk or creative space