

# Summer Advice 2013

Be happy with yourself. Be the thing.

We all know what we should do. Yet the little part of us that is fearful refuses to let go of limiting habits.

This summer you will:

- Eat, drink and be merry
- Tap your feet to music
- Dance
- Hum alone
- Kiss a stranger
- Get sand in between your toes
- Get sunscreen on your skin
- Eat ice cream
- Drink chilled wine
- Watch butterflies dance
- Smell the flowers
- Lay on damp, freshly cut grass
- Look at your loved ones as they sleep
- Send postcards to friends
- Sleep naked
- Touch a tree

- Barbeque some food
- Fall in love with a golden sunset
- Forget the time
- Smile for no reason
- Listen to your favorite songs
- Eat fresh salad
- ... covered with the best olive oil
- Swim
- Fall in love with life
- Forget reading the newspaper
- Turn off your mobile phone
- Hum
- Open your car windows, turn up the stereo and sing, really sing
- Laugh out loud - until you wet your pants
- Wear bright colors

- Watch the sunrise
- Change your pants (from the laughing)
- Take a day at the spa
- Write a poem
- Wear your shorts
- Sit alone, close your eyes and let the sunshine massage your face
- Take time to study an animal
- Make it the best summer you ever had – so far

**People will ask: 'What did you do this summer?' You will answer with a devilish twinkle in your eyes: 'Oh! I had a fantastic summer!'. Make it true!**

*Big smile Kenny*