

GETTING READY

It will be nice and warm in some areas for many more months, yet officially, the summer's end is drawing near.

It is time to remember the lovely summer fun you've had (if you did), to appreciate the light, warmth and lightness of being. Time to take stock in the relationships you've made, strengthened and fostered. How have your relatives fared? Did you get closer to your loved ones? Did you create good memories for your peers, coworkers, friends and family? Did you accomplish any of your goals; getting organized, having fun, going on breaks or day trips? Were you able to work on any of your other important projects?

"Personally, I'm always ready to learn, although I do not always like being taught."

-Winston Churchill



"Before everything else, getting ready is the secret of success."

-Henry Ford



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So what would you like to work on now? Are you completing summer mode? What is in store for you and those close to you?

Do you need to get your home ready for children returning to school? Stock up on school supplies? Prepare for sports activities?

Are you going to begin any new habits, behaviors or patterns now that the "new year" is starting?

I'm Prepared To...

- **Have well supplied study/HW areas**
- **Cook a few quick fix, healthy meals each week.**
- **Have sports/activities items ready the night before.**
- **Stick to bedtime/morning schedules.**
- **Organize shopping/errand trips to minimize stress.**
- **Have everyone do their part and help out.**
- **Take a deep breath and remember I am only human and am doing the best job possible!**

"When the will is ready the feet are light."

-Proverbs



Do you have things you could acknowledge yourself for?

For taking good care of yourself and others, for being a good partner, for education, hard work, volunteerism, community help, caring for nature and animals, environmental responsibility and for relaxing and having fun.

It's important to take stock of where you are before you prepare to move to the next step.