



A Summertime Checklist

Summer is the season to slow down and relax, making it a time ripe for AHA!s. In a flash of clarity you could gain a new perspective, one that could transform your health, your relationships, your career, or your spiritual life. There are things that you can do to make the most of summer's potential for transformation, to increase the chances that you'll experience a profound moment of clarity. As you unwind this summer, I encourage you to add these five AHA!-encouraging items to your to-do list.

Wishing you the best,

Donna



Dust off your goals and values.

Take a time out to think about what you want to achieve in your life and the values you want to exemplify. Then scan back over the past year. How well did you do? Where could you have done better?



Schedule some alone time.

As you plan your days, be sure to include some "you" time to do what you enjoy. As you relax into the doing, allow your mind to wander (and pay attention to where it goes).



Become a keen observer of yourself.

As summer days come and go, be alert to your thoughts, your feelings, and your actions—particularly those that surprise you and those that aren't helping you achieve your goals or live your values.



Practice letting go.

A pivotal AHA! will bring a new perspective, showing you something that you hadn't seen before. Sometimes embracing a new way of seeing things requires letting go of a viewpoint that you thought was indisputable.



Be curious about what you notice.

Ask questions about what you notice about yourself. Be curious about the way you see things. Your questions will lay the foundation for a sudden change of perspective, and your curiosity will coax it along.



Checklist creator Donna Hartney, Ph.D., is America's top "aha" moment expert. She is a performance consultant to leaders at multinational companies, the author of *The AHA! Handbook: How to spark the insights that will transform your life and career*, and the creator of xSAIL® Coaching, a unique transformational coaching methodology that teaches clients how to prime themselves for life-changing realizations. Learn more at www.DonnaHartney.com.

