

Your Savory Summer “To-Be” Workbook

*Over
Sixty
Insights*



Your To-Be List

This summer, let's take a step back from the endless to-do lists and focus instead on who we want to be. After all, life after 60 isn't just about what we accomplish—it's about how we savor each moment.

This printable is a gentle reminder to embrace joy, connection, curiosity, and peace during these slower, sun-drenched days. Use it to capture intentions, not just tasks. Maybe this summer you want to be more spontaneous. Or grateful. Or playful with your grandkids. There's no wrong way to fill this out—it's your season to savor.

So grab your favorite pen, a quiet moment, and start becoming—one summer day at a time.

“Cause a little bit of summer is
what the whole year is about”

John Meyer

Your “To-Be” List

To Be Present: Write three ways you can be more present in the next week.

Rest and Recharge: How will I take some time to rest and recharge over the next week?

Healthy Choices: What will I do this week to create more healthy lifestyle choices (*walk, eat more fruit...*)

Find Joy in Connection: Set up a time to get together with a friend for coffee or a glass of wine. Write down the date and place.

Joys of Childhood: Write something you enjoyed as a child during summer. Recreate that memory this week.

Read a Book: Pick a book you can read out in the summer sunshine and just relax.

Self Reflection: Think about what makes you happy and where you could make changes. Reflect on your best life.

Saying No: What is one thing you could say “NO” to today to give yourself more time?

I hope you enjoyed this workbook! Enjoy your Summer!