

Make the most of your summer holidays

By Eve Menezes Cunningham



When you think about the impending holidays, are you excited or filled with dread?

Maybe you envisage 6+ weeks of childcare hell as you struggle to fit all your work in while caring for (let alone entertaining) your child? Perhaps you absolutely love every second and just wish the holidays lasted all year.

Maybe you don't *have* summer holidays and don't see what all the fuss is about. Or maybe, you have a week or two booked off work and are looking forward to exploring some distant land.

Whatever your situation, whether they're almost two months or just a week long, Future Pace. Imagine you've already *had* your summer. Not in wishing it away but to ponder what you'd most like to have spent it doing?

Imagine yourself telling someone all about it in early September. What, from your current vantage point, are you most hoping to be able to share?

What are your priorities for the summer? What are additional 'would be nice' elements? What are you most

dreading? How can you put supports in place to make those potential stumbling blocks go that bit more smoothly?

If you have children, a partner and others to consider, you might want to encourage them to do the same. Where do your hopes and expectations overlap? How can you support each other in

“ Imagine yourself telling someone all about it in early September ”

making 2014 a summer to remember for the best possible reasons?

Where there are areas not just of not overlapping summer hopes and goals but potential conflict, how can you create as much harmony as possible by taking the time, in advance, to figure out an alternative or compromise?

Coming back from the future, think about your favourite summers so far. Maybe they were from your childhood or perhaps it was last year. Maybe you've not yet *had* your favourite summer.

But as you spend a little time

imagining it (be it from memory or pure fantasy), allow yourself to use all of your senses. Pick a favourite moment. What were you doing? Where were you? Who were you with? How did you feel (physical sensations and emotions)? What could you see? What sounds were around? Any tastes and smells? Use your NLP to evoke some of these Ideal Summer sensations as you prepare for this coming summer.

Again, encourage your loved ones to join in. Apart from learning more about their favourite types of things, you can all incorporate elements of them (perhaps by making some favourite holiday foods or having some flowers you associate with holidays triggering your olfactory nerves and so on) in advance as well as collecting more memories to take you through the coming winter.

If you're not having anything that could be remotely described as a 'holiday' this summer, you can still take a few moments each day for a mini holiday in your head by reliving those memories.

Enjoy! ■