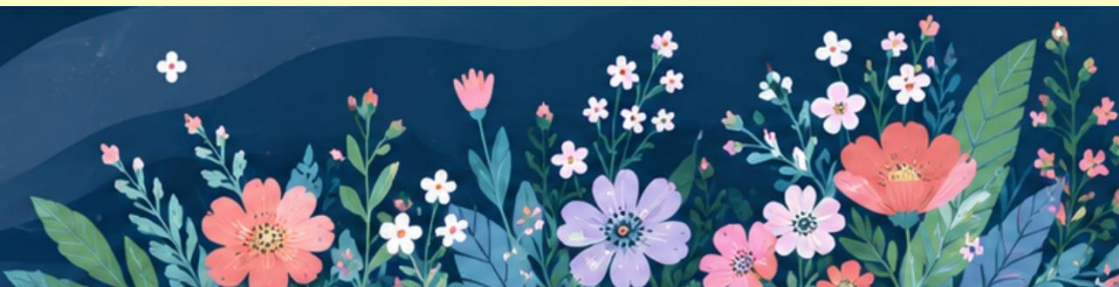


An illustration of a woman with her eyes closed, wearing a white floral crown and a blue dress, holding a large bouquet of colorful flowers. The background is dark blue with floral patterns.

Live Your Summer

Reclaiming comfort, confidence,
softness, and joy one summer's
day at a time.



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Live Your Summer is a gentle guide for women who are navigating the realities of summer: body overwhelm, heat, weight fluctuations, self-consciousness, discomfort, pressure to be perfect, and the feeling that summer is somehow becoming harder to navigate. If summer always feels complicated, more exhausting than exciting, if the heat drains you, your clothes never feel right, your confidence dips, or you quietly dread a season everyone else seems to love, you're not alone.

Inside are thoughtful prompts, emotional resets, and practical reflections designed to help you feel more comfortable, more confident, and more like yourself without needing to change who you are.

You don't need to lose weight, look younger, wear certain clothes, or become someone else to relax this summer. It's *not* about becoming a different woman by July, it's not about shrinking, or pressure, or pretending to love every part of summer. It's about learning how to live in this season more comfortably, more honestly, and more joyfully. No perfection, no criticism, just small shifts that help you feel more like you. Not bikini-body-ready, not anti-aging...just a woman learning to enjoy

summer again. You're invited to reconnect with yourself, your comfort, your confidence, your style, your needs, and your joy.

At the end of the guide, you'll find a few pages to note the small moments, choices, or experiences that felt different for you this summer. Not as a test or a transformation project, but as a gentle reminder that even the smallest steps build a more joy-filled life.

Live Your Summer

You don't need to become someone else to enjoy your summer. You don't need to wait. You don't need permission from anyone else. This guide will help you choose:

Comfort.

Ease.

Presence

Freedom.

Fulfilment.

Self-honouring.

Inclusion.

Inner peace.

Your Summer Truth

Complete these gently:

When I think about summer, I often feel:



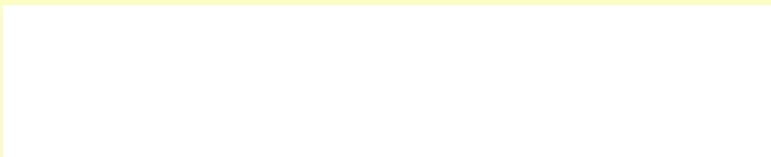
What I find hardest about summer is:



This year, I want summer to feel more like:



What I'm ready to stop carrying emotionally about summer is:



Your Summer Permission Slip

What do you need permission for this summer?

To rest?

☐

To wear a swimming costume?

☐

To say no?

☐

To be seen?

☐

You've got it!

☐

Affirm:

I do not need to shrink, prove, or perfect myself to enjoy this season. I give myself permission to feel, do, be, and have anything I please this summer.

Signature: _____

Release the Summer Pressure

Leave behind these thoughts:

I need to lose weight first.

I'm too old for that.

My arms/legs/body should look different.

Everyone else is more confident.

It's too hot / I hate summer.

I need to accommodate other people's plans

Replace them with:

Comfort is up to me.

I deserve ease.

I can dress for joy.

My summer can be gentle.

I define what feels good.

I'll agree to plans if they feel comfortable.

Your Summer, Your Way

This summer I want more:

Peace

☐

Fun

☐

Rest

☐

Connection

☐

Adventure

☐

Confidence

☐

Simplicity

☐

This summer I want less:

Comparison

☐

Covering up

☐

Guilt

☐

Pressure

☐

Overthinking

☐

Stress

☐

The Summer Comfort List

Ask yourself, what makes summer feel easier for me?

Loose, cotton clothes ☐

Early morning/evening walks ☐

Staying out of mid-day and afternoon sun ☐

SPF & big hats ☐

Cold drinks ☐

Time alone ☐

Sea air ☐

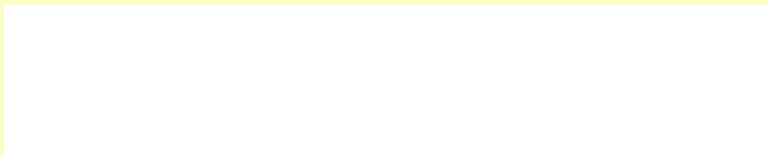
Floaty dresses ☐

Saying no to uncomfortable plans ☐

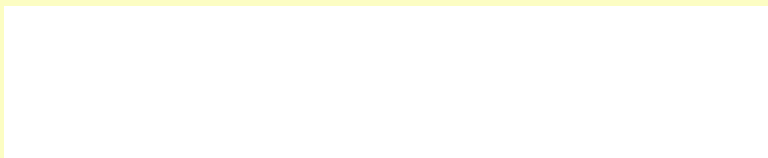
Recognising your needs raises awareness and makes you more responsive when you're not meeting them. Make sure to include your needs in your plans every day. It's not selfish; it's self-honouring.

Body Kindness in Summer

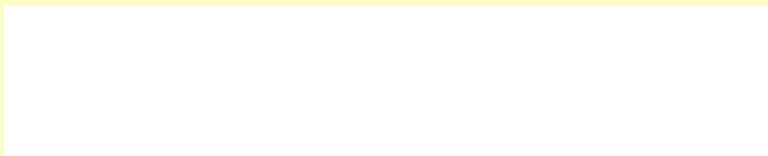
What do I like about myself?



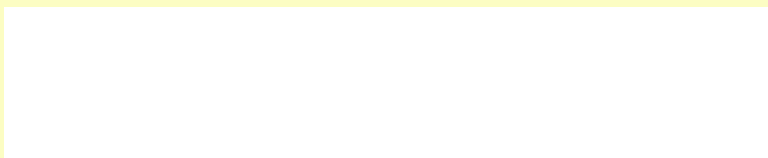
What clothing makes me feel cool and confident?



Where and what am I still hiding?



What would emotional freedom look like this summer?



Affirm: I am allowed to exist fully in summer in my own comfortable way.

Tiny Summer Joys Challenge

Can you challenge yourself to:

Dress exactly as you want?

☐

Buy a beautiful pair of sandals?

☐

Go 'bare arms'?

☐

Eat outside?

☐

Watch a sunset?

☐

Take yourself for coffee or a glass of wine?

☐

Go swimming?

☐

Read in the garden?

☐

Say yes to a photo?

☐

Go out for a lovely lunch by yourself?

☐

Summer Reinvention

This season, I'm becoming:

Softer

☐

Braver

☐

More playful

☐

Less apologetic

☐

More visible

☐

More rested

☐

Calmer

☐

Happier

☐

Less self-conscious

☐

More assertive

☐

Tuned in to my needs

☐

Release the Pressure

Write down every expectation you carry about summer:

How you should look:



What you should wear:



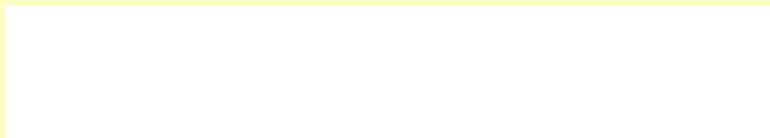
How confident you should feel



Now ask yourself: where did I learn this?



Which expectations are truly yours – and which can be released?



Comfort Is Power

What makes you physically uncomfortable in summer?

Heat?

☐

Clothes?

☐

Social events?

☐

Body image?

☐

Sweating?

☐

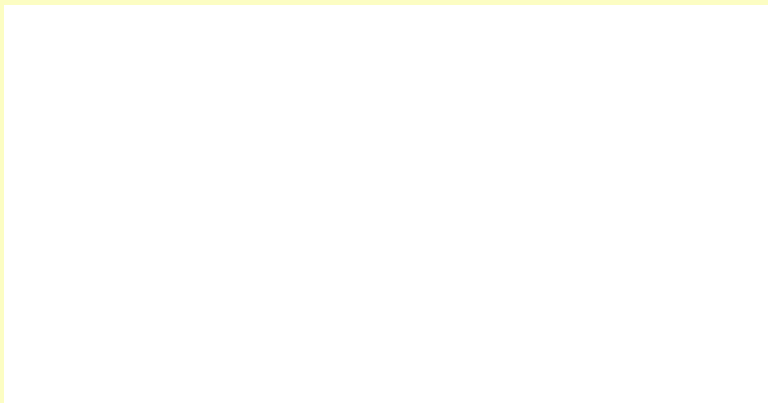
Menopause symptoms?

☐

Comparison?

☐

Today, identify 3 practical ways to make summer more comfortable for yourself.



Dress for the Woman You Are Now

What clothes make you feel:

Cool:



Comfortable:



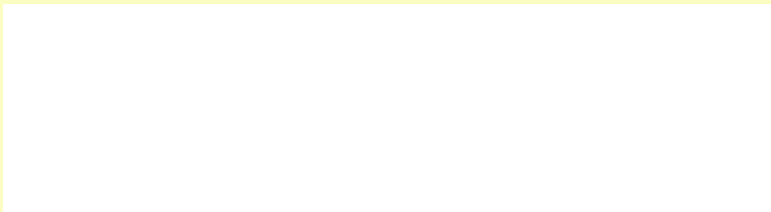
Elegant:



Like yourself:



What clothes or style are you hanging on to that no longer serves you?



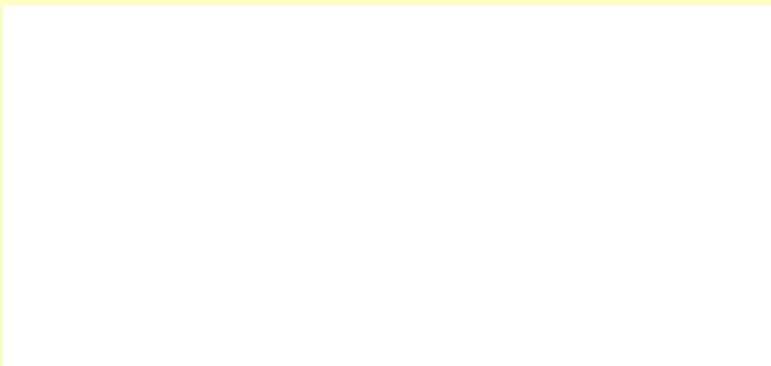
Your Body Is Not an Apology

Finish this sentence:

My body deserves a comfortable, summer because:

A large white rectangular box intended for the user to write their response to the sentence completion prompt.

What would change if you stopped treating your body like a problem?

A large white rectangular box intended for the user to write their response to the question about changes if they stopped treating their body as a problem.

Summer Energy Audit

People, places, clothes, routines...who and what would support your peace?

What drains you in summer?

What restores you?

Stop Waiting

What are you postponing until you feel good enough?

A holiday?

☐

Swimming?

☐

Photos?

☐

Dating?

☐

Wearing certain clothes?

☐

Add any of your own:

What would happen if you stopped waiting?

Rest Without Guilt

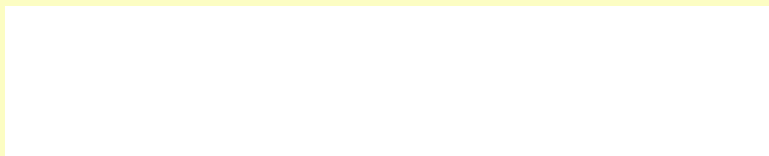
Rest is productive when your nervous system needs peace.

What does your ideal restful summer day look like?

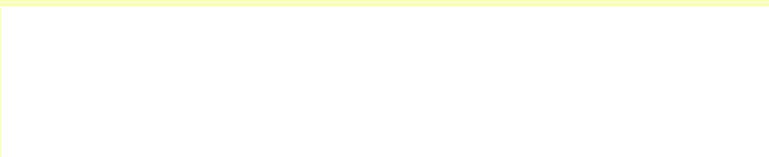
A large, empty white rectangular box, likely intended for a user to write their response to the question "What does your ideal restful summer day look like?".

Redefine Confidence

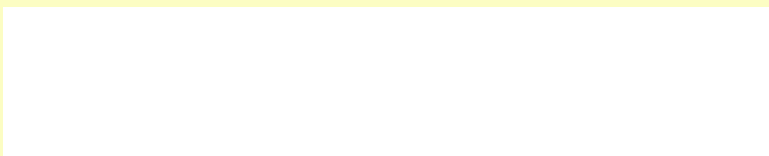
What did confidence mean to you at age 25?



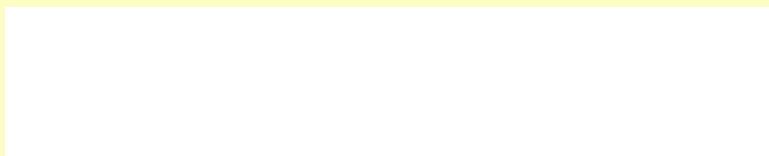
What does confidence mean to you now?



What beliefs about yourself have you outgrown and need to let go of?



What beliefs about yourself can you now fully embrace?



Summer Comparison Detox

Who or what makes you feel “less than”?

Social media?

☐

Friends?

☐

Family?

☐

Your younger self?

☐

Who or what makes you feel “more than”?

Today, choose freedom over comparison.

Tiny Joys Matter

Joy is found in simple things. List at least 10 of your favourite small summer pleasures. Come back and add to the list as your summer unfolds and you experience new things. Examples might be open windows, fresh sheets, sea air, reading outside:



What Are You Hiding From?

The mirror?

☐

Photographs?

☐

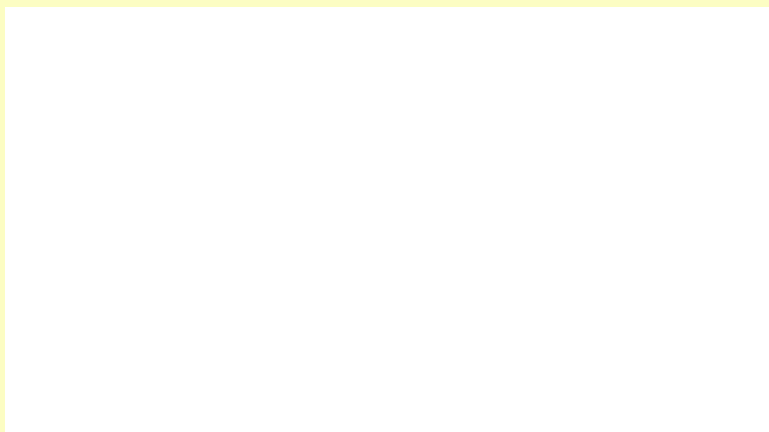
Sleeveless clothes?

☐

Your own reflection?

☐

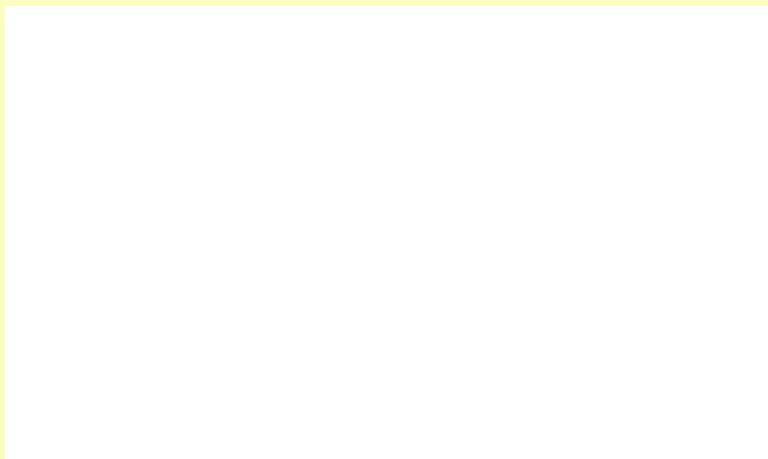
Why?



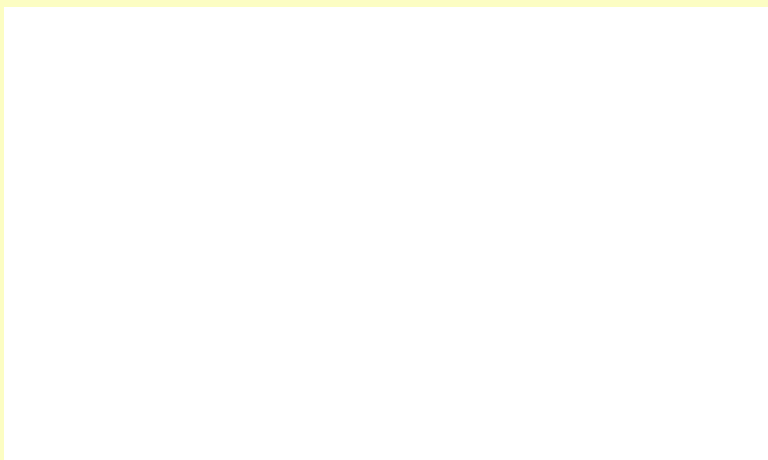
What would *compassion* say instead?

Midlife Summer Style

Describe your ideal summer self. Is she graceful? Bold?
Comfortable? Chic? Relaxed? What else?



Now ask yourself: how can I embody her right now?



Heat, Hormones & Kindness

If your body is changing, your needs will be too. What adjustments can you make instead of judging yourself?



Summer Boundaries

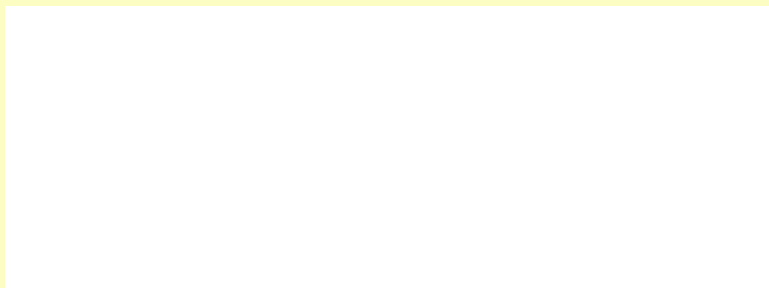
What are you saying yes to that exhausts you?

A large, empty white rectangular box intended for the user to write their response to the question above.

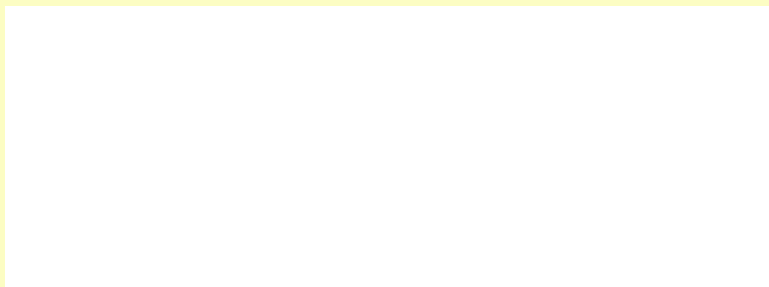
Today, practice saying: no thank you.

Halfway Reflection

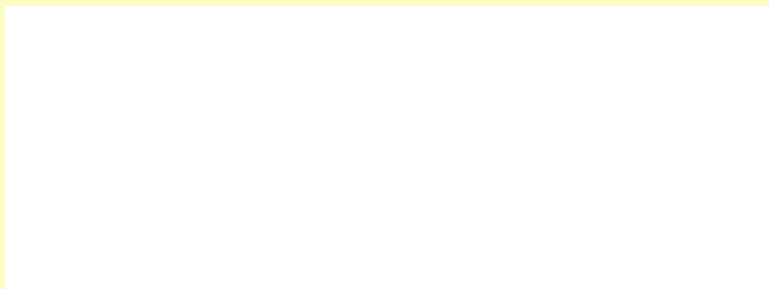
So far, what have you realised about yourself?

A large white rectangular box intended for a person to write their reflections on what they have realised about themselves.

What feels lighter?

A large white rectangular box intended for a person to write what feels lighter.

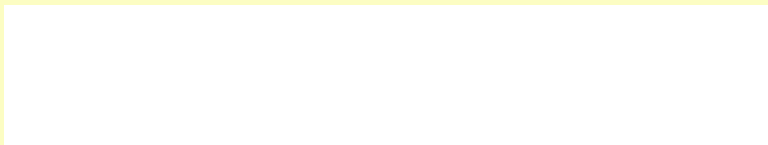
What still feels hard?

A large white rectangular box intended for a person to write what still feels hard.

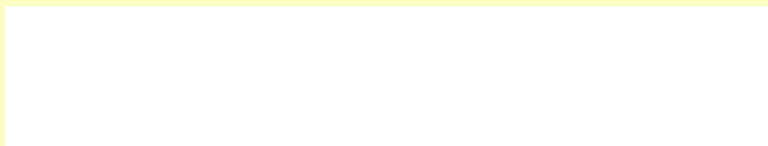
Visibility

Where have you been shrinking?

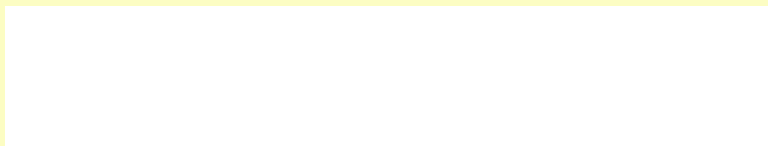
Emotionally:



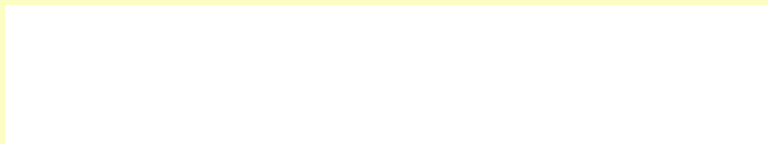
Socially:



Physically:

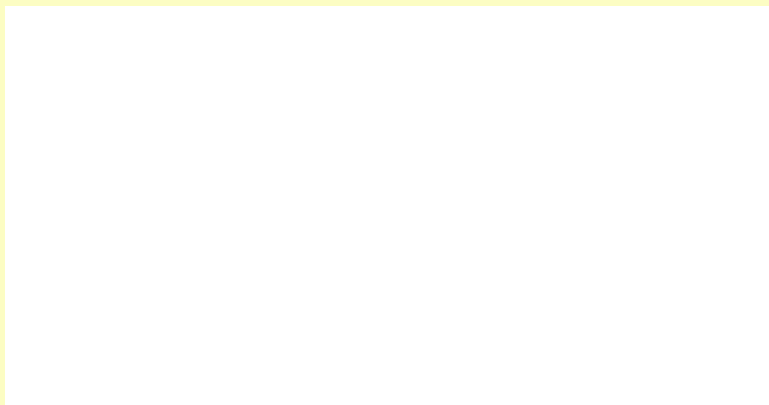


What would 'taking up space' look like?



Reclaim Play

What did summer feel like before comparison and self-consciousness kicked in? Bike rides? Bare feet? Swimming? Social occasions?



How can you reconnect with that energy?



Confidence Is A Choice

Confidence may simply mean:

- Showing up.
- Wearing it.
- Going anyway.

What will you choose to be, do, and have this summer to allow your confidence to build?

A large white rectangular area, likely intended for a student to write their response to the question above. It is a solid white box with no text or markings inside.

Make Peace With Photos

What beliefs do you have about yourself that photographs trigger?

A large white rectangular box intended for the user to write their response to the question about beliefs triggered by photographs.

Could photographs that cause you to judge yourself become positive or empowering memories instead?

A large white rectangular box intended for the user to write their response to the question about transforming negative memories into positive or empowering ones.

Your Summer Sanctuary

Where do you feel most like yourself?

In your garden

☐

On a beach

☐

In the space and peace of your bedroom

☐

A tranquil park

☐

A balcony overlooking a city

☐

Somewhere else? Where?

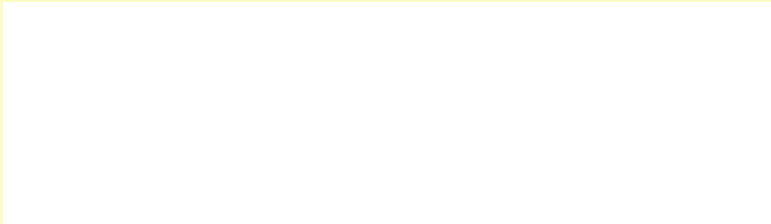
How can you recreate more of that feeling regardless of where you are?

Ageing & Visibility

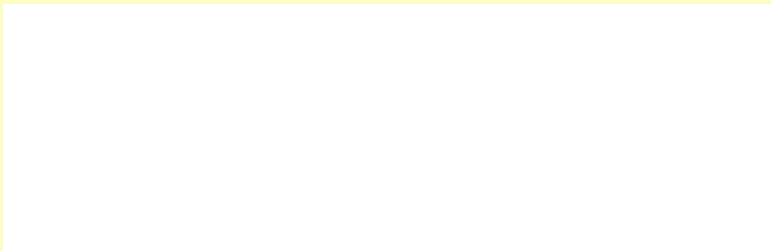
Have you mistaken ageing for disappearing? If yes, what experiences have reinforced that feeling?



How is your current age making you feel? Remember the good things as well as the challenging:

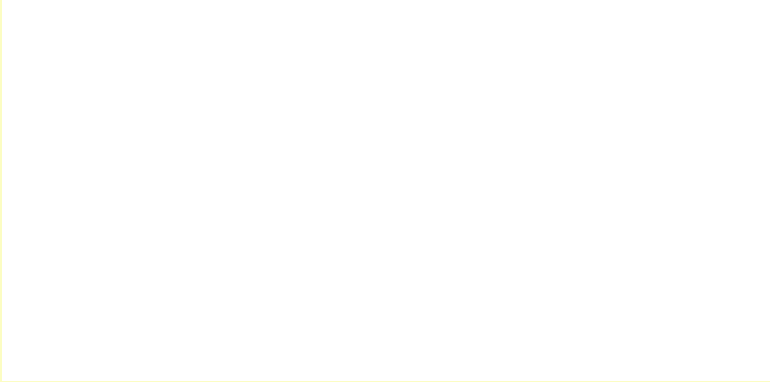


What emotional experiences are wiser and more discerning now?



Freedom Inventory

What would **emotional freedom** feel like and look like this summer?

A large white rectangular box intended for a person to write their response to the question about emotional freedom.

What would **physical freedom** feel like and look like this summer?

A large white rectangular box intended for a person to write their response to the question about physical freedom.

Romanticise Your Life

How can you make ordinary summer days feel beautiful?



Becoming

This summer, I'm becoming a woman who...

A large, empty white rectangular box, likely intended for a student to write their response to the prompt "This summer, I'm becoming a woman who...".

Your Summer Memories

How do you want to remember this summer?

A large, empty white rectangular box intended for a user to write their summer memories. It occupies the central portion of the page, below the introductory text and above the footer.

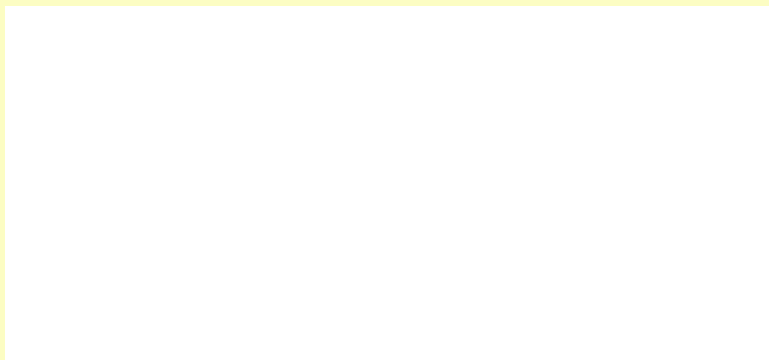
Celebrate Yourself

Before you retrieve your socks, boots, and jumpers for the start of autumn, decide when your last day of summer will be. What will you do on this date to celebrate your summer self?

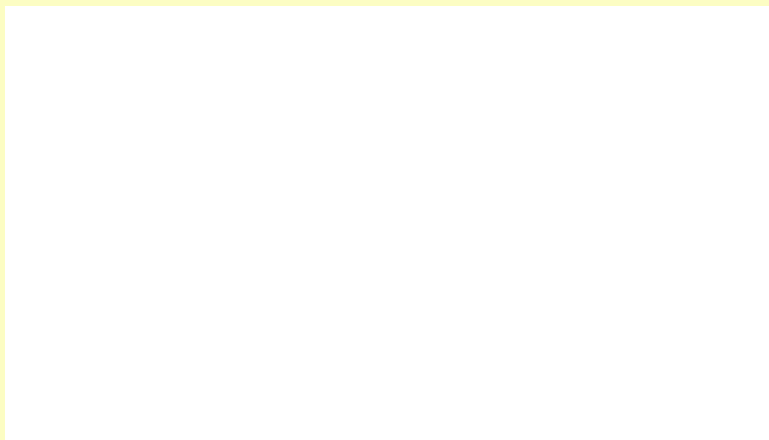
A large white rectangular area, likely intended for a student to write their response to the prompt above. It occupies the central portion of the page below the text.

Talking of boots, socks, and jumpers, how do you feel about the incoming season? Relief? Or will you miss your summer self?

My reaction to those questions today is:



My reaction to those questions on (fill in the date) is:



A Final Reminder

Summer has a way of making women feel visible in all the wrong ways. More skin exposed. More comparisons. More pressure to “make the most of it.” More reminders of who we were or should have become ‘by now’.

Somewhere along the way, many women quietly stop participating in summer. They hide away covering up and watching from the sidelines instead of joining in and fully living during the season.

This is a reminder that:

- you don’t become less relevant because you’re older
- your body does not need to *earn* sunlight
- your age does not disqualify you from pleasure, softness, beauty, rest, laughter, holidays, swimming, dancing, sleeveless tops, ice creams, sea air, socialising, music, or photographs
- you don’t have to look or be a certain way to feel alive and love your life

Summer's not reserved for women without scars, grief, stretch marks, illness, anxiety, weight changes, menopause, loss, loneliness, or self-consciousness. It belongs just as much to the woman rebuilding herself after difficult years as it does to anyone else.

- The woman recovering from illness.
- The woman learning to stop apologising for taking up space.
- The woman who has spent decades caring for everyone else.
- The woman who looks in the mirror and still struggles to see herself kindly.

This summer is not about becoming a brand-new person; it's about reclaiming who you are now.

Open the window. Sit in the sun. Wear the dress. Go to the café. Walk slowly. Say yes to the invitation. Let your skin feel warmth again. Allow yourself the small moments that make up your life without first demanding perfection from yourself.

You're allowed to participate in life exactly as you are.
Not weighing ten pounds less, not when you feel good
enough, but right now.

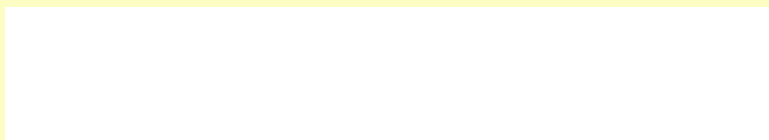
Summer belongs to you too. Live Your Summer.

Summer Loving

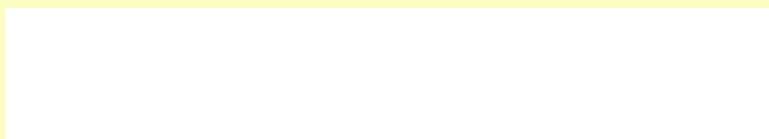
Here's a space to record small moments, choices, or experiences that felt different for you this summer. Write down what you did, and how you felt. It can be a leisurely walk, a coffee somewhere different, buying a new piece of clothing, or a spontaneous few days away. It's your summer, your rules! There's space for 12 weeks, but feel free to customise it to your needs.

What were the small moments, choices, or experiences that felt different for me this summer:

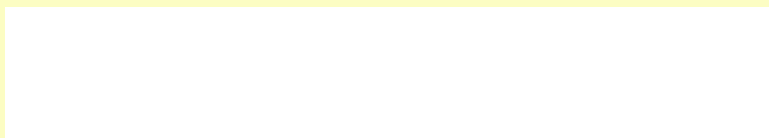
Week 1:



Week 2:



Week 3:



Week 4:



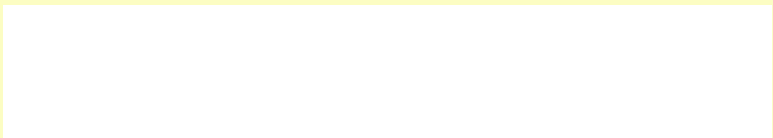
Week 5:



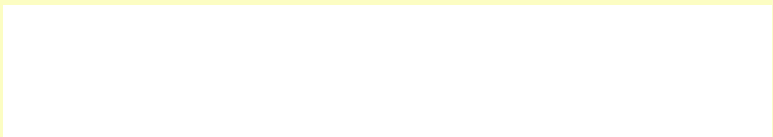
Week 6:



Week 7:



Week 8:



Week 9:



Week 10:



Week 11:



Week 12:

