

# THE HEIGHTS SUMMER PLANNER

## The Road Ahead

If you don't know where you are going, you might not get there. Filling out a calendar is a great way to gain a bird's eye view of the summer months to come and, thereby, make the most of the treasure which is time.

## 5 Ideas for your Calendar

- Set specific, measurable goals for your summer academic work (e.g. finish *The Robe* by July 1)
- Set goals for finances and summer jobs
- Mark off time for family vacations, and athletic events
- Celebrate birthdays and feast days
- Honor the Sabbath



## June 2021

*“Time is the one gift that even a grateful man cannot repay.”*  
- Seneca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Baccalaureate Mass
6 Commencement	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Father's Day	21	22	23	24	25	26 Feast of St. Josemaria
27	28	29	30			

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## Daily Routine Worksheet

The summer is a season for growth. In order to grow, you need goals; in order to reach these goals, you need systems; in order to put those systems into practice, you need a routine. In this way, what might otherwise have been merely a dream, will daily be made a reality. As the point of a summer routine is not to break your back but to provide a backbone to your break, the aim of this worksheet is to help you come up with a daily routine that is both structured and flexible.



## Daily Routine Checklist

June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Wake up	<input type="checkbox"/>																													
Reading	<input type="checkbox"/>																													
Prayer	<input type="checkbox"/>																													
Workout	<input type="checkbox"/>																													
Acts of Service	<input type="checkbox"/>																													
Bed-time	<input type="checkbox"/>																													

*A small victory at the beginning is a big win in the end. Rising at a specific time each morning sets the tone for the whole day.*

**On weekdays, I will wake up at: \_\_\_\_\_ a.m.**

**On weekends, I will wake up at: \_\_\_\_\_ a.m.**

*Without food, a man's feet will soon weary and the journey will end prematurely. Without reading, a man's mind will just as quickly grow dull and his wit will lose its acuity.*

**Each day, I will read for: \_\_\_\_\_ (amount of time)**

**I will read at \_\_\_\_\_**

*In an effort to grow in my life of prayer, what will my daily spiritual routine be? Are there any specific prayers or acts of piety which I could make the "salt" of my day? For example: morning offering after rising, Gospel reading in the morning, Angelus at noon, Rosary after dinner, three Hail Mary's in the evening.*

**My life of prayer will consist of:**

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

*Mens sana in corpore sano: a healthy mind in a healthy body. What will my daily workout routine look like? How long will I exercise each day? When? Do I have any sports related goals? If so, what systems will help me to realize these goals?*

**Each day I will workout for: \_\_\_\_\_ (amount of time)**

**I will workout at: \_\_\_\_\_**

*There are perhaps no greater fetters than those of a life lived for oneself. To be free from the chains of selfishness is to live for others. What are a few concrete ways in which I can serve my parents, siblings, and friends this summer? Do I have any chores or other ways to help out around the house?*

**Some daily acts of service are:**

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

*A good night's sleep is a cure for many ails. To seize the day, it is first necessary to have snoozed at night.*

**On weeknights, I will go to sleep at: \_\_\_\_\_ p.m.**

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## July 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Independence Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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## August 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Feast of the Assumption	16 Fall Sports Tryouts Begin	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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