

A Summer Permission List

by Jennifer Cardinal

Give yourself a permission
list this summer to:

- Seek out 10 different benches (the lonely ones, the hidden ones, the right-in-the-middle-of-everything-ones) and sit there for 10 minutes doing nothing but observing the view in front of you.
- Find a radio station you love and dance to the next three songs in a row. Give your playlist a rest and dance to something new.
- Hang a peanut butter and birdseed-covered pinecone in a tree. Any tree. Anywhere. Check on it a few days later.
- Swim at dusk just before the park closes.
- Buy a loaf of homemade bread and decadent jam at a farmers market and sit on a dock barefoot or along a creek and have at it. Wash your sticky fingers in the stream.
- Take a long shower and then a slow walk around your neighborhood. Notice the scent of your shampoo mixing with the evening breeze.
- Sit down in your yard and plant a single random vegetable or plant. There's no need for a garden, maybe just a pepper plant next to your steps or dahlias next to your mailbox.
- Fill your freezer with the best selection of popsicles and share them with anyone who stops by your porch.
- Take a walk in the rain. No umbrella, just the pitter-patter of raindrops against your cheeks.
- Leave a love note or poem on a random community board or tucked inside a state park trail map.
- Walk barefoot on a rock wall or sidewalk. Feel the warmth of sunshine it absorbed throughout the day.



- Wake up early when the sky is still pink. Drink your coffee slowly and then crawl back under the covers
- Find the perfect scented candle to remember your summer by.
- Grab your favorite book and travel chair. Go anywhere and read until your belly grumbles and then grab lunch somewhere you've never stopped before.
- Pick out a delightful flavor of lipgloss even if you haven't worn it in years and kiss your special someone or enjoy it all to yourself.

- Watch the sky change colors just before the day closes its eyes.
- Whisper sweet nothings and everything you're grateful for to the sparkling night sky.

Just remember, whatever you choose to do or not to do, give yourself permission to enjoy the simplicity of your heart's desire.

Jennifer Cardinal is a writer and photographer with an inner compass she nicknamed Shwaden. She enjoys "Collecting Life by the Heartful" and listening to the quiet voice of our beautiful surroundings.

