



IN FOCUS

A SEASONAL GUIDE TO HELP YOU NOTICE,
CAPTURE, AND TELL YOUR STORIES
WHILE YOU'RE LIVING THEM.



Summer Stories Are Happening Now



Summer doesn't wait. It unfolds every morning for just a few months- in the big moments, and more often, in the small ones. And just when things start to feel routine, you realize the air is turning crisp, and as always, summer has faded into autumn.

Let's push pause.

Because it's too easy to let these moments slip by, thinking you'll come back to them later. **But later rarely comes, and the details start to blur.**

This guide is your invitation to slow down, to notice what's happening in your life right now, and to tell the stories that are unfolding in the middle of your year. You don't need to catch up before you start. You don't need a perfect system or hours of free time.



You need a willingness to notice, to pick up your camera, and to write down what matters to you, right now, before it gets buried under the next season.

Your favorite summer outfit, your morning iced coffee order. The summer playlist you love singing out loud- The seasonal groceries in your cart- The way your kids play when they forget you're watching.



These are the moments that shape your summer, whether or not you document them .

But when you *do* document them, you create a little gift for your future self. **You give yourself a chance to remember what mattered, what you felt, and who you were in this season of your life.**



What Stories Can You Tell?

Think about the sounds that define your summer. The birds in the morning, the hum of the fan, the music drifting from another room.

Think about the colors that show up in your days. The bright greens of the trees, the blues of the sky, the color of your favorite summer drink.

Think about the rituals that shape your season. The morning routine that feels different when the days are longer. The foods you reach for. The ways you relax.

Think about who is with you in this season and what you want to remember about them right now.

Start small. Pick up your camera, even if it's just your phone, and take a photo of what your day looks like right now. The stack of library books on your table. The shoes kicked off by the door. The view from your favorite chair. The people you spend your days with.

Write down a few sentences about why this matters. It doesn't have to be profound. It just needs to be honest. "This is what summer looks like for me right now." "This is where we are spending our time." "This is something I don't want to forget."

If you want to keep going, take a few more photos over the next few days. Look for small patterns, seasonal details, tiny shifts that mark this time of year.

You're not trying to tell the whole story of your summer in one sitting. You're telling one small story at a time, knowing that together, they will add up to something that matters.



make it simple

You don't need to wait until you have a free afternoon to scrapbook your summer stories. You can do it in small pockets of time, using tools that simplify the process.

Open a ForeverJoy Canva template and drop in a photo. Add your words, even if it's just a sentence. Print it, save it, or share it. That's it.

Done is better than perfect. **A few stories captured are worth more than a hundred stories you plan to tell someday.**



focus on the little things



Sometimes we think stories have to be big to matter. But the truth is, it's the small, background moments that often shape a season.

The way the light falls on your kitchen counter in the morning. The laughter drifting from another room. The everyday conversations in the car, at the table, in the middle of a chore.

These are the moments you'll want to remember later, not because they were grand, but because they were real, and they were yours. Capturing them now is a way of honoring the life you're living, exactly as it is, in the middle of your summer.



Summer Stories Checklist

Use this list to help you notice, photograph, and jot down stories worth remembering this summer. Pick one or two to focus on each week—no pressure, just simple steps to keep your stories in focus.

- **A morning view from your window or porch**
- **Your current coffee, tea, or breakfast ritual**
- **A corner of your home that feels like summer**
- **A snapshot of what “weekend” looks like for you**
- **What’s blooming or growing around you**
- **A meal you’re enjoying in this season**
- **The shoes you (or your family) are wearing on repeat**
- **A stack of summer reading or a favorite show**
- **A candid photo of laughter**
- **Your grocery cart or market haul**
- **A drive with the windows down**
- **An everyday conversation you don’t want to forget**
- **A mess that signals life being lived (think towels by the door, a table in use)**
- **Your current workspace, wherever that may be**
- **A favorite spot where you pause during the day**
- **An evening routine that feels like summer**
- **Something you’re wearing that feels “summer” to you**
- **How your family or pets spend a lazy afternoon**
- **The sky—morning, evening, stormy, or clear**
- **Your face, today, in this season of your life**
- **The clutter or objects that tell the story of your summer**
- **A water moment: pool, beach, sprinklers, even an iced drink**
- **A conversation snippet worth remembering**
- **A song or playlist you keep coming back to**
- **A simple little joy of summertime**

In Focus | Summer Stories Mindset Quiz

What kind of summer memories matter most to you? Answer these 8 quick questions. Count how many A's, B's, C's, or D's you get to discover what stories to focus on first.



MY IDEAL SUMMER MORNING LOOKS LIKE:

- A) Coffee outside, watching the world wake up
- B) Kids running around, loud and joyful
- C) A quiet hour with a book or journal
- D) Loading up the car for a day trip

WHEN I THINK "SUMMER," I PICTURE:

- A) Golden light on the porch
- B) Laughter, water splashes, sunscreen smells
- C) A peaceful walk or evening breeze
- D) Road signs and playlists

MY FAVORITE SUMMER SOUND IS:

- A) Birds at dawn
- B) Family giggles or backyard games
- C) Crickets at night
- D) Music with the windows down

MY CAMERA ROLL IS MOSTLY:

- A) Sunrise and sunset skies
 - B) People and pets in action
 - C) Cozy corners, coffee, books
 - D) New places and food adventures
-

In Focus | Summer Stories Mindset Quiz

(continued)



I FEEL MOST ALIVE IN SUMMER WHEN:

- A) The day starts slow and soft
- B) Everyone is together and happy
- C) I have a moment of calm to soak it in
- D) I'm exploring somewhere new

SUMMER TREATS I LOVE:

- A) A cold drink on the porch
- B) Popsicles with kids, ice cream runs
- C) Fresh fruit in a quiet moment
- D) Trying local foods on a trip

A MEMORY I'D WANT TO HOLD ONTO:

- A) A sunrise or sunset that felt magical
- B) Family laughter on a carefree day
- C) A quiet moment where I felt at peace
- D) A fun adventure or road trip moment

MY SUMMER STORY GOAL IS:

- A) Capture beauty in the everyday
 - B) Remember family moments
 - C) Savor small, personal joys
 - D) Document adventures and travel
-

Tally Your Answers:

Mostly A's: The Quiet Beauty Seeker

Mostly B's: The Memory Maker

Mostly C's: The Simple Joy Keeper

Mostly D's: The Adventure Collector

The Quiet Beauty Seeker (A)

You notice the light. The hush before the day begins. The glow of sunset across your backyard. For you, summer stories are about capturing the quiet beauty woven through your everyday life. Your focus is on slowing down, seeing the details, and remembering the moments that bring you peace. As you document your summer, let yourself capture the skies, the light, and the small scenes that anchor you in this season.

The Memory Maker (B)

Your summer is alive with laughter, movement, and the everyday chaos that makes your family unique. For you, the best memories are the ones made together—splashing in the pool, laughing over ice cream, messy, loud, and real. You're driven by a desire to hold onto these moments as your family grows and changes. Let your summer stories focus on connection and the joy of being together, exactly as you are.

The Simple Joy Keeper (C)

You cherish quiet, cozy moments—a cup of coffee before the day begins, the comfort of a good book, the breeze during an evening walk. For you, summer stories are about savoring the small joys that bring you contentment and grounding. As you document your summer, focus on capturing your current rhythms and rituals, the small details that bring peace and shape your days.

The Adventure Collector (D)

You live for the moments when you're exploring, discovering new places, and soaking up experiences. Whether it's a road trip, a local adventure, or a simple drive with the windows down, you thrive on movement and the stories that come from exploring. Let your summer stories focus on the new places you see, the foods you try, and the spontaneous moments that make your summer feel like an adventure.

