



# MY SAY YES SUMMER LIST

The goal is simple: **say yes** to more of the things that matter.  
Start by writing down what comes to mind



What's the thing you almost said yes to recently, but didn't?

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What's been sitting in the "someday" pile the longest?

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What is something that used to be easy to say yes to that you genuinely miss doing?

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Is there an invitation that's been easier to decline than to figure out?

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What would you do this summer if you knew logistics weren't a problem?

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Is there somewhere local you've been wanting to check out?

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What's an experience you've been watching others have that you want for yourself?

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What does a perfect summer day look like when nothing is holding you back?

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What would you tell yourself a year from now that you wish you'd said yes to?

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What's one small yes you can say this week?

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## NOT SURE WHERE TO START?

NorthShore Care Experts are real people available seven days a week, ready to help find the right protection so nothing gets in the way of your yes.

Whether that means answering a quick product question or just having someone in your corner, they're here to listen and offer 100% judgment-free guidance every step of the way.