



The *Guilt-Free* Times

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Summer Greetings,

I just love summer, I always have. As a kid it meant extra time hanging out with friends & family, and staying up late. This month's article, [Top 10 No Cost / Low Cost Summer Fun Activities](#), is designed to inspire you to add some of that summer fun to your schedule! While it is a repeat of an article I wrote a couple years back...it's been **EXPANDED** to include several links to more information, local schedules, and websites for gathering ALL the details to easily incorporate the ideas into your summer calendar!

With all those extra summer activities, camps, and family outings, who has time to fix healthy, tasty meals? I've got just the **Guilt-Free** solution for you...[Simply Homemade!](#) Simply Homemade is a meal preparation service designed to take all the work and worry out of preparing dinner. They are unique from other similar companies because they use natural ingredients, have healthier alternatives, AND provide side dishes at no extra cost (and the food has been Cook family approved!).

I'm excited to be partnering with Crystal Lake owners Jaquie Jenkins and Linda Matthias. I'll be bringing special savings and information about their upcoming events to my local subscribers the next several months. To celebrate, I'm inviting you to a **special party** at the Crystal Lake Simply Homemade location on **June 23rd at 9 AM**.

Lastly, June 28th is the **last date** scheduled for my F.R.EE Introductory Teleseminar, **8 Steps to Guilt-Free Living**. If you missed the previous sessions, this is your last chance! I hope you will join me at one or both of my upcoming June events!

Enthusiastically!

Victoria

In The News

Business coach teaches busy moms and dads how to reclaim time by Kim Mikus, Daily Herald Columnist - - Did you happen to see the article Kim wrote about The Guilt-Free Coach in the Business section of the Daily Herald May 8, 2007? If not, [click here](#) to read the full article.

Need a boost in living Guilt-Free and reaching your goals more quickly? Attend my next F.R.EE Teleseminar on **May 31st** covering my unique 8 Steps to Guilt-Free Living. It's F.R.EE, on the phone and over the lunch hour! [Click here](#)

to learn more and register.

Top 10 No Cost / Low Cost Summer Fun Activities

by Victoria Cook

Today marks the end of the school year for us! If you are a busy working parent like me, this season can be both fun AND challenging. Even if you don't have children, summer is a wonderful time to reconnect with old friends and family members.

For the majority of the clients with whom I work, true success in business is more than a financial goal. It's about maintaining a good balance in key areas of their life. As the summer season approaches take some time to rejuvenate yourself and spend time CONNECTING with family and friends to bring more balance to YOUR life. Making your meals at Simply Homemade is a great way to increase the amount of time in your week for these **Top 10 Low Cost / No Cost Summer Fun Activities** great for the whole family!

Below is the quick list, but for details, resources and links [click here](#) to read the entire article.

1. Go Hollywood
2. Go Cruisin'
3. Picnic in the Park
4. Get Movin'
5. Head East
6. Get Crafty
7. Take in Local Festivals
8. Check out your Library
9. Take a Dip
10. Family Fun Night

To read the details of each suggestion and any associated resources and links [click here](#).

Schedule Highlights for The Guilt-Free Coach

June 23rd

Simply Homemade Party

9 - 11 AM CST

1500 Carlemont Dr., Suite C, Crystal Lake, IL

[Get More Details...](#)

June 28th

8 Steps to Guilt-Free Living Introductory Teleseminar

11:00 AM - 12:00 PM CST

We meet virtually by phone!

Cost: FREE

Get rid of the Guilt, calm the calamity and **design the life you deserve** in 8 straightforward steps!

[Get More Details...](#)

See my [Schedule](#) page for more future events

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