



UNIVERSAL
ENLIGHTENMENT
& FLOURISHING

SUMMER

OfLLP

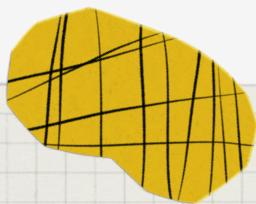
#SummerOfLLP

Love someone. Learn
something. Play more.

cut out, mark up,
leave on the table



UNIVERSAL
ENLIGHTENMENT
& FLOURISHING



MISSION

*TO FLOURISH IS TO LOVE,
LEARN, AND PLAY.*



UEF uses flourishing to name growth, well-being, purpose, and vibrant thriving. Its inside-out approach begins with the deepest longings of human life: to love and be loved, to be absorbed in the quest for wisdom, and to playfully interact with the complex world.

Summer of Love, Learn, Play invites those longings into ordinary days. Love someone. Learn something. Play more.
Post what you do: #SummerOfLLP.





UNIVERSAL
ENLIGHTENMENT
& FLOURISHING

Your longings



joy

is not

a

place

arrive

at.

you

but

a

you

daily!

garden

tend to



UNIVERSAL
ENLIGHTENMENT
& FLOURISHING

GIVE THE LONGINGS SOME ROOM.



Live it: love, learn, play.



Host it: invite people in.



Post what you do:
#SummerOfLLP.

leave it
on a table

tear out
for a friend



uef.org/summer-of-llp

Instagram:

@uefinsights

Email: social@uef.org



PLACES TO MAKE IT REAL



Close to home counts: shared lunch, a class, a pickup game, or a place to lend a hand.



pour yourself
a big
CUP
OF
TEA &
remember
life can be lovely!!!



THE TRIPLE HELIX

THREE LONGINGS. ONE SUMMER.







THINGS WORTH REMEMBERING



LEARN

- Read a book on something new.
- Spend three hours in a museum.
- Take up a craft.
- Join a guided walk.
- Follow one question.



LOVE

- Write a real letter.
- Cook with phones off.
- Take a long lunch.
- Volunteer alongside others.
- Share a meal outside.





Oh wait!
I'm
becoming
everything
I ever
wanted be!



< August

2026 >

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 <i>Birthday Party</i>	3	4 	5	6	7
	9	10 	11	12	13	14
15	16	17	18	19	20	21 
22 	23	24	25 	26	27	28 
29	30	01	02	03	04	05





SUMMER BUCKET LIST



Pop Quiz!

START

WHAT WILL YOU DO THIS SUMMER?

JUNE

1 long lunch



8 cook phones off



19 call someone you miss



4 real letter



15 volunteer together



28 bring fruit



JULY

2 museum hours



10 library picnic



24 learn a craft



SEPT

5 read something new



16 guided walk



29 follow one question



AUGUST

3 swim in real water



9 pickup game



27 paint for no reason



6 fly a kite



17 make music



31 stargaze



CIRCLE ONE, THEN ADD YOUR OWN!

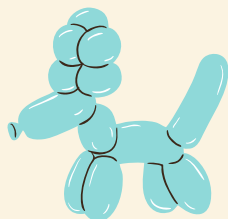
add the thing happening near you



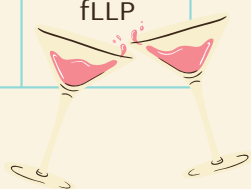


LOVE

BINGO



Write a real letter	Cook with phones off	Take a long lunch	Volunteer alongside others	Listen carefully
Offer support	Invite someone to eat	Thank a helper	Text who you miss	Share the good chair
Practice kindness	Make room at the table		Repair one small thing	Walk with a neighbor
Ask for the story	Bring fruit or flowers	Collaborate on a task	End with thanks	Offer the ride
Call before sunset	Give an afternoon	Cook for family	Let someone belong	Post #SummerOfLLP



love ya



from my head to my toes!



IT'S MY GOAL
TO HAVE NO
FINAL FORM.
TO NEVER BE
DEFINED. TO
NEVER STOP EXPLO-
RING, LEARNING. TO
EXPERIENCE LIFE AS
LONG AS I'M ALIVE.

JERICO SILVERS



FOLLOW ONE QUESTION.

To be absorbed in the quest for wisdom.

Learning is integral to what it means to be alive. Each answer gives rise to new questions and new opportunities for learning.

LEARN SOMETHING

*Love is as love does.
Love is an act of will -
namely, both an intention and an action.*

- Bell Hooks

**Learning
never exhausts
the mind**

LEONARDO DA VINCI

FIELD NOTES FOR LEARNING.

FOLLOW ONE QUESTION

Learning changes the learner. Record one question, one assumption to unlearn, and one thing the world showed you.

question I followed

what I noticed

what changed my mind

who I should ask next

one thing to
look up

one person to
ask

keep the
question

Journal Prompts

BORROW A QUESTION.

RETURN WITH A STORY.

Pick one. Write for 10 minutes.

What changed
when I listened longer?

Who knows this
better than I do?

What did I
avoid too quickly?

What would a
child ask here?

What did I learn
from the place?

What should I
follow next?

curiosity
counts



STAY OUT UNDER THE SKY.

To playfully interact with the complex world.

Play is intrinsically self-motivated, exploratory, and often social. It opens us toward the unfamiliar and the unknown.

PLAY MORE

(This page is left blank intentionally)



UNIVERSAL
ENLIGHTENMENT
& FLOURISHING

Bring this card.
Find the table.
Stay for one question.

Universal Enlightenment
and Flourishing explores
human flourishing, religious
literacy, and the shared
longings to love, learn, and
play.

stamp
here

#SummerOfLLP