

“Hot Woman Summer”

2024

Part 6

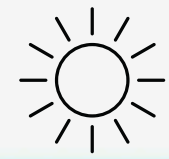


EAST COASTIN'

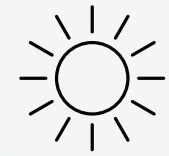
(Because AZ is 100+ degrees!)

JULY 29-30

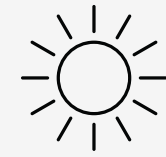
NEWARK, NYACK, GREENWICH



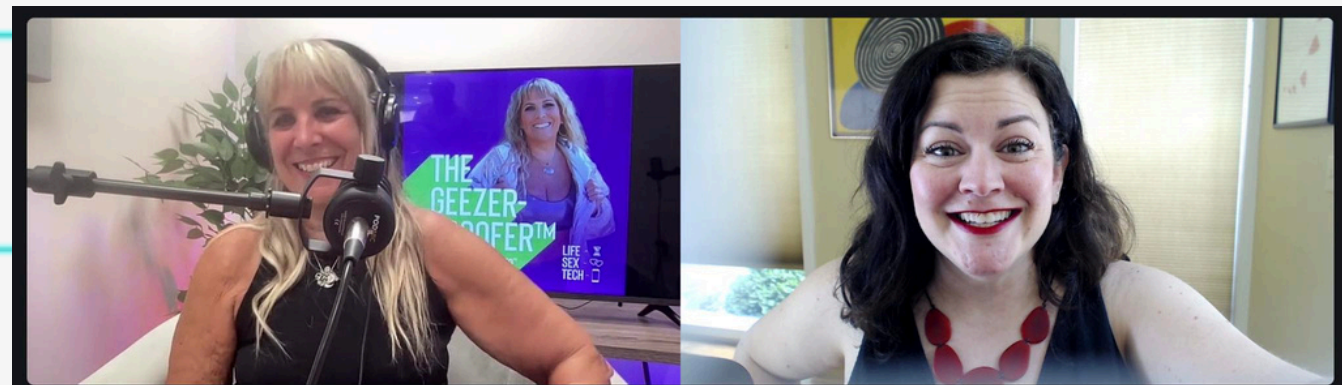
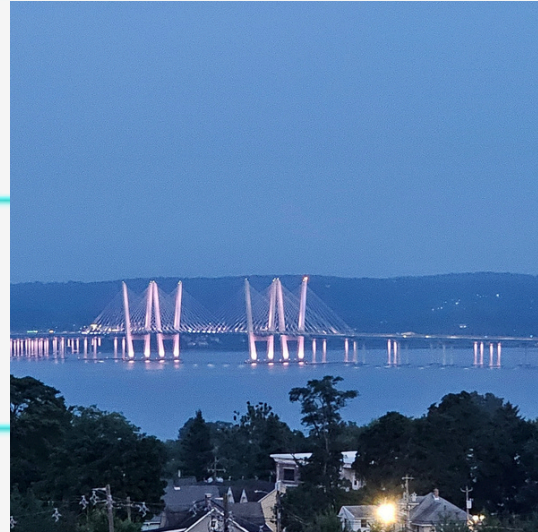
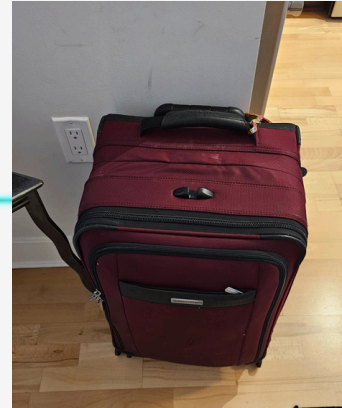
Flew to Newark Airport



2 nights in Nyack, including friend reunion!



Recorded two podcasts in CT and met one of my oldest and closest friends for amazing sushi!



JULY 31- AUGUST 15TH

EAST HAMPTON



☀️ Amazing beach days with the kiddos (not pictured, because I respect their privacy!)

☀️ Work, pool and some "back to school shopping" for me.

☀️ Shopped at a vintage fair and farmers market.

☀️ Bought new "back to school" shoes @Converse.com

☀️ Spent rainy days writing (new work gig), planning my re-brand, finishing my romcom and starting a new book about the history of reality TV ("Cue the Sun") and seeing a dear friend at the American Hotel (now famous).

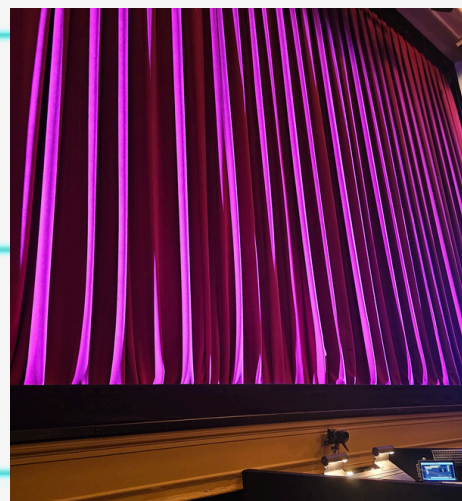
AUGUST 16TH - AUGUST 21ST

NYC & EAST HAMPTON

☀️ NY, NY! (Bagel, NYC, Broadway)

☀️ Working (writing) and planning for the fall

☀️ Rediscovered my political passion (DNC watching; signed-up for the campaign back in AZ)



AUGUST 21ST- AUGUST 29TH

MARYLAND



☀ Great time with the kiddos (not pictured)

☀ Meals with friends

☀ Apartment viewing (HMMMM...)

☀ Saw my cousin's movie. It was great!

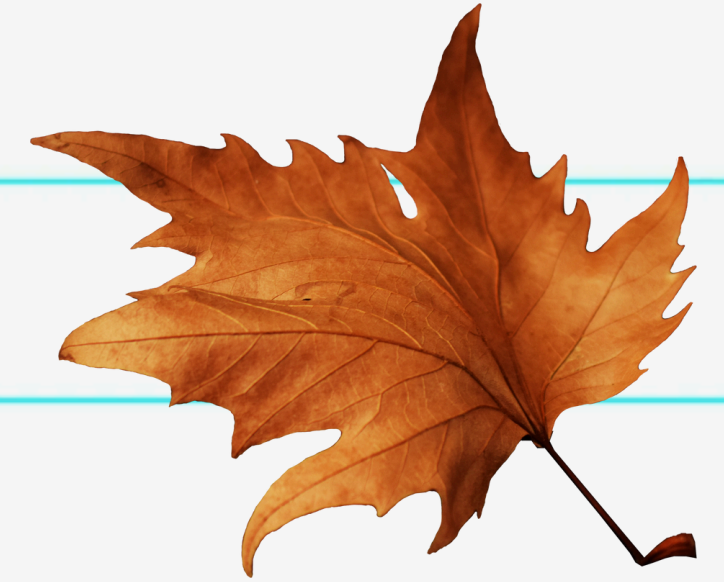
☀ Working & writing and planning for the fall

☀ Lots of crabs

THINGS I LEARNED...

- East Hampton and NYC still feel like "home" and I love the beach
- I'm OK being solo most of the time but miss family
- Talking to strangers can lead to amazing relationships (always)
- I can live in a hotel for 7 days (but I need to pack less)
- I'm as productive on the road as I am at "home"
- I don't dread the fall and winter as much as I used to!

WELCOME TO FALL...



Homework:

- Rebrand podcast and create monetization plan
- Perfect my REELS/IG/AI skills
- Volunteer for the campaign
- Return to "gym class" and healthy eating/check-ups
- Host two SOS events and attend others
- Vegas, baby! (Blueprint conference)

