

your life

relax!
your summer
is going
to be great!

Everyone
may be stressing
over making plans
(and money!) this
summer, but you
can have it all and
still chill out.
Here's how!



JORDIN SPARKS'S MIX

JASON MRAZ "Sleeping to Dream"
BRIANNA FEATURING NE-YO
"Hate That I Love You"
JUSTIN TIMBERLAKE "SexyBack"
T.I. "What You Know"
KANYE WEST FEATURING T-PAIN "Good Life"
YOUNG JOC "It's Goin' Down"
JONAS BROTHERS "S.O.S."
BRITNEY SPEARS "Piece of Me"
TAYLOR SWIFT "When I See You"
CHRISTINA AGUILERA "Dirty"
NE-YO "Because of You"
JOHN MAYER "Gravity"
CHRIS BROWN "Kiss Kiss"
MICHAEL JACKSON "Thriller"
NATASHA BERNHARDT "I Bruise Easily"

Hear all the playlists at www.seventeen.com/playlist

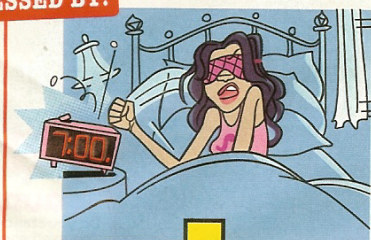
sweet escape
Kate Bosworth knows
the key to summer fun is
just kicking back—and
loving every minute of it!

what kind of *lazy* are you?

Pick the image that stresses you the most. Then read the results to see how to make it work for you!

IF YOU GET
STRESSED BY:

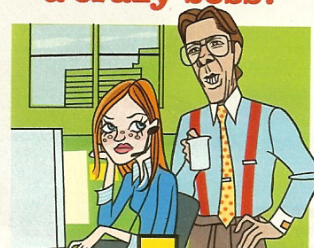
your alarm!



a busy schedule!



a crazy boss!



**YOU'RE A:
BEDHEAD**

Your MO: You love to sleep in! It's not that you're a slacker—it's just your style!

**make
money!**

Look for gigs that don't require you to get up early, like **serving** at a restaurant (request the evening shift) or **babysitting** for the neighbors while they enjoy a date night.

**have
fun!**

Everyone's internal clock is **different**—yours is just set a bit later! To have a great time when *your* energy is up, make plans for after **dark**. (Flashlight tag! A bonfire at the beach!)

**YOU'RE A:
NONPLANNER**

Your MO: You don't want to be pinned down. That way, you're always free for something fun!

Get a **social** job (like mixing ice cream at Cold Stone!), so your friends can drop in—you never know what plans will pop up for **later**. You can weigh options till quitting time, then pick the best!

Not thinking ahead means you're great at stirring things up—like scoring **last-minute** tickets to see a local band. So keep tossing out those **wild** ideas: They make the best memories!

**YOU'RE:
WORKPHOBIC**

Your MO: You're not into being bossed around. You want to be in charge of your own plans!

Avoid anything too office-y: Get a gig where you can really take charge! Apply for a job working with **kids** (like a camp counselor), where *you* get to be the **boss** of all the little ones!

You don't **always** want to be stuck with someone else's plan, so keep a few **activities** in mind that you'd be into. That way, when your crew gets bored, you can say, "Hey, how about..."

just chill!

Mom was wrong: There's nothing bad about being lazy! Here's why:

- You'll have time to think.**
A laid-back approach lets you focus on the things you really want—so you can make sure they happen (like planning that road trip!).
- You'll have freedom to dream.**
When you take it easy, your mind can wander. Then, when you have a great idea (rock-climbing lessons!), you'll be recharged enough to do it.
- You'll be less stressed.**
If you don't pressure yourself to be productive all the time, you feel more relaxed, which makes it easy to be happy and confident!

taking it *easy* pays off!

**BIKE
RIDES**



A short spin feels **relaxing**, plus it burns calories!

Kate Hudson

**COFFEE
BREAKS**



A little **caffeine** clears your head!

Miley Cyrus

**NOON
SIESTAS**



A snooze helps you **charge up** for more fun!

Ashlee Simpson