

# *PERSONAL RETREAT HANDBOOK*



# *PERSONAL RETREAT CHECKLIST*

DATE \_\_\_\_\_

Pens / Pencils

Notebook

Course Workbook

Food / Drinks

Change of clothes (if staying overnight)

Dopp Kit (if staying overnight)



# CORE VALUES

DATE \_\_\_\_\_

## GUIDING QUESTIONS

- What legacy would you like to leave behind?
- What are you passionate about?
- What really makes you happy in life?
- What do you value?
- What do you refuse to do?
- How do you measure success?
- How will people remember you?

## MY CORE VALUES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

# WHEEL OF LIFE

DATE \_\_\_\_\_

10 9 8 7 6 5 4 3 2 1

# *YOUR IDEAL FUTURE*

DATE \_\_\_\_\_

What does a day in the life of future you (5 years from now) look like? Describe your ideal future in as much detail as possible.

# *THE RETROSPECTIVE*

DATE \_\_\_\_\_

WHAT DID I ACCOMPLISH?

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WHAT WENT WELL?

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WHAT COULD HAVE GONE BETTER?

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# *THE RETROSPECTIVE*

DATE \_\_\_\_\_

**WHAT SHOULD I START DOING?**

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**WHAT SHOULD I STOP DOING?**

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**WHAT SHOULD I KEEP DOING?**

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# SETTING YOUR GOALS

DATE \_\_\_\_\_

**GOAL #1:** \_\_\_\_\_

**MILESTONES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAILY TASKS & HABITS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**GOAL #2:** \_\_\_\_\_

**MILESTONES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAILY TASKS & HABITS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**GOAL #3:** \_\_\_\_\_

**MILESTONES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DAILY TASKS & HABITS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# PLANNING YOUR PERFECT WEEK

DATE \_\_\_\_\_

Daily Theme: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							