

KICK-START RETREAT

BASICS

PICK A DATE: _____

PICK YOUR LOCATION: _____

I PINKY PROMISE I WILL MAKE THIS RETREAT HAPPEN: _____
(SIGN)

THEME

WHAT'S THE MAIN PURPOSE OF TAKING THIS RETREAT? (YOU CAN CHOOSE MORE THAN ONE)

- SOUL SEARCHING
- FIND INSPIRATION
- READ / RESEARCH
- WRITE / DESIGN
- FILM SOME VIDEO + AUDIO
- OVERCOME DECISION PARALYSIS
- BEAT PROCRASTINATION
- SPEND SOME ALONE TIME
- FIND YOUR VOICE
- RELAX
- HAVE FUN!
- OTHER: _____

THE PLAN

WHAT BOOKS + RESOURCES OR SUPPLIES DO YOU NEED TO BRING?

#1

#2

#3

#4

#5

ANYTHING ELSE? (HINT: MEALS + SNACKS + YOUR PILLOW)

#1

#2

#3

#4

#5

OUTCOMES

WHAT DO YOU WANT TO GET DONE AFTER THE RETREAT?

HOW DO YOU WANT TO FEEL?