**Seasonal Retreat**

**Looking Back**

**1. How have things been going this past season?**

* **Highlights:**
* **Lowlights:**

**2. How have things been feeling this past season with…**

* **myself (my body / my mind / my spirit)**
* **my relationships**
* **my work**
* **my home**

**3. Where have I been spending my time and resources?**

**4. What words would I use to describe this past season? What words would I use to describe how I’d like this next season to feel?**

**Seasonal Retreat**

**Looking Ahead**

**1. If I had just one week to live, how would I spend it?**

**2. What are the three most important goals for my life?**



**3. What do I want to do over the next 5-10 years?**

**4. What do I want to do over the next year?**

**5. What’s already on my calendar for the next 3 months? Are these things essential, or are these things I should no longer be doing?**

**6. What are the 2 or 3 most essential things I want to focus on in the next 3 months?**

**7. Who are the people that I especially want to spend time with these next 3 months?**

**8. What do I need to simplify or say “no” to these next 3 months?**