

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?

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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 they things I should no longer be doing?

6. What are the 2 or 3 most essential things that 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?