

Program for Inspiration Retreat

Inspiration

For example, you want to feel excitement or sparked in some area... you want a vision or motivation to eventually get moving in an area or make a change.

Needs to be written. Basic idea:

Prepare

- This can be done beforehand, or at the beginning of the retreat. Collect a variety of materials related to the subject: books, magazines, a list of people, youtube channels, websites, pinterest board.

Do

- Spend all day perusing the materials you've collected. Make notes about what you like. What you wish you could do/be/have. Notice strategies of people participating in this work. Perhaps call someone for any interview. Create a vision board or pinterest board. Perhaps imagine your future life, if you were doing this new thing/ being a new way/having different things. What would it look like? What would be changed? What would the results be?

Reflect

- Spend all day perusing the materials you've collected. Make notes about what you like. What you wish you could do/be/have. Notice strategies of people participating in this work. Create a vision board or pinterest board. Perhaps spend some time visualizing your future life, if you were doing this new thing/ being a new way/having different things. What would it look like? What would the results be? How would it feel?