



MY RETREAT VISION STATEMENT

I am taking a retreat because _____

_____. Taking some time for myself in order to unplug from my day-to-day life to focus specifically on

_____ will help me to _____

_____ as well as allow me to relax, recharge and refocus in all aspects of my life. I know that taking this retreat time will help me be a happier, kinder, more effective, more balanced and more satisfied person overall.

