



Creating a successful at-home retreat

**CHECKLISTS &
RESOURCES**

RETREAT PREP CHECKLIST

- Set date & location
- Schedule Responsibilities
- Set intention
- List activities you might want
- Create a schedule that fits you
- Create the menu
- Create a food prep list
- Grocery list
- Order/buy any items you want for activities
- Create or find playlists for your activities
- Create a document that has all the videos you might want: meditations, yoga, speakers, etc.
- Prepare the space
 - Clean it
 - Transform it
 - Set up everything you need
- Have all activity needs together & easy to find
- Let the outside world know you aren't available
- Set your out of office message
- Use ritual to open and close you container
- Prep food for weekend
- Prepare early so you can get a good night sleep

NOTES

my DAILY SCHEDULE

07:00

08:00

09:00

10:00

11:00

12:00

01:00

02:00

03:00

04:00

05:00

06:00

07:00

08:00

09:00

10:00

ACTIVITIES I WANT
TO DO DURING my
RETREAT:

ACTIVITIES TO
PREP FOR:

FOOD PREP MADE EASY

Day 1

Day 2

Day 3

Day 4

Breakfasts

Having:

To prep:

Lunches:

Having:

To prep:

Dinners:

Having:

Prep:

Snacks:

Purchase & Prep

Desserts?

Purchase & Prep

RESOURCES YOU MIGHT LIKE

GREAT BOOKS FOR RETREATS

- The Artist's Way by Julia Cameron
- The Desire Map by Danielle LaPorte
- The Fire Starter Sessions by Danielle LaPorte
- Big Magic by Elizabeth Gilbert
- Your Heart's Desire by Sonia Choquette

PODCASTS TO LISTEN TO:

- With Love, Danielle
- Lightwork, A Podcast with Danielle LaPorte
- Happier with Gretchen Rubin
- Design Your Dream Life
- The Lively Show
- The Mindful Kind
- Awakening Women Podcast

INSPIRATIONAL TALKS

- Brené Brown: The power of vulnerability
- Brené Brown: Listening to shame
- Danielle Torley: I stepped out of grief -- by dancing with fire
- Daniel Alexander Jones: What to do when everything feels broken
- Shantell Martin: How drawing can set you free
- Tracy Edwards: Stop being a bystander in your own life
- Lucy Hone: 3 secrets of resilient people
- Diane Allen: How to find "flow" (and lose yourself in it)
- Susan David: How to be your best self in times of crisis
- Cara E. Yar Khan: The beautiful balance between courage and fear
- Randy Pausch Last Lecture: Achieving Your Childhood Dreams