

## Life After My Retreat – Reflections Worksheet

Name

Retreat Attended:

Date of Retreat:

This isn't about what felt good for the time you were away. It's about what you're doing now—today—to turn breakthrough into behavior, and insight into results.

### 1. Integration Into Home Life & Relationships

What did you come home determined to change?

What boundaries (physical, emotional, or energetic) need to be strengthened or created to protect your growth?

Is there anyone in your life who may struggle to accept the "new you"?

## 2. Maintaining Practices & Routines

Which retreat practices do you want to keep alive?

(journaling, meditation, exercise, deep breathing, emotional check-ins, etc)

How much time are you dedicating to these practices?

- Daily**
- 2-3 times/week**
- Weekly**
- Goes on the calendar but honestly, I don't do it**
- Other:** \_\_\_\_\_

What "hurdles" sabotage your momentum?

- Lack of time**
- Distractions at home**
- Emotional resistance**
- Lack of structure**
- Forgot or loss of momentum**
- Other:** \_\_\_\_\_

### 3. Emotional & Energetic Integration

What emotions are showing up post-retreat?

Peace

Fear

Overwhelment

Empowerment

Excitement

Other:

Sadness

What has been harder than expected?

What has come surprisingly easy?

## 4. Shifts in Identity or Purpose

Do you feel any shifts in who you are now, sense of self, purpose, or values?

Are there aspects of your life that now feel out of alignment?

- Career or work roll
- Certain relationships
- Habits or routines
- Priorities or goals
- Beliefs or Identity
- Other: \_\_\_\_\_

What changes are you considering (if any) in work, lifestyle, or relationships?

## 5. Support & Accountability

Do you have a system - or are you winging it?

What is working well?

What vision needs to be more clear to keep you on target?

What connections or resources would boost your continued growth?

- 1:1 coaching**
- Support circle or retreat alumni community**
- An accountability partner**
- Self-paced tools or journal prompts**
- Other:** \_\_\_\_\_

## 6. Final Reflections

If you could lock down on one feeling, insight, or decision from this retreat what would it be?

What piece of yourself will be lost, silent or stuck if you don't step forward now?

On a scale of 1–10, how committed are you to stepping out of your comfort zone and living a more powerful version of yourself?