

RETREAT PREP CHECKLIST

● Set out your creative supplies



● Put your phone in airplane mode

● Meals prepped

● Lay out a comfy outfit

● Prep a hydration station

● Lay out books, your journal + pen



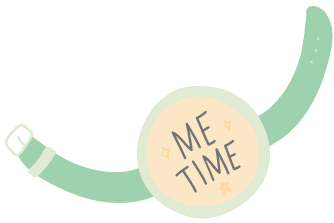
● Download playlists and meditations to your phone

● Unplug your TV and hide distracting devices

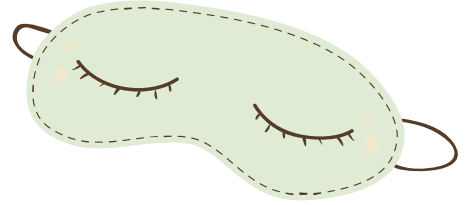
● Tidy up tonight



DAY OF RETREAT CHECKLIST



Nap



Journal



Take a walk



Create



Eat mindfully



Guided meditation



Read something inspiring



Try something new



Daydream

