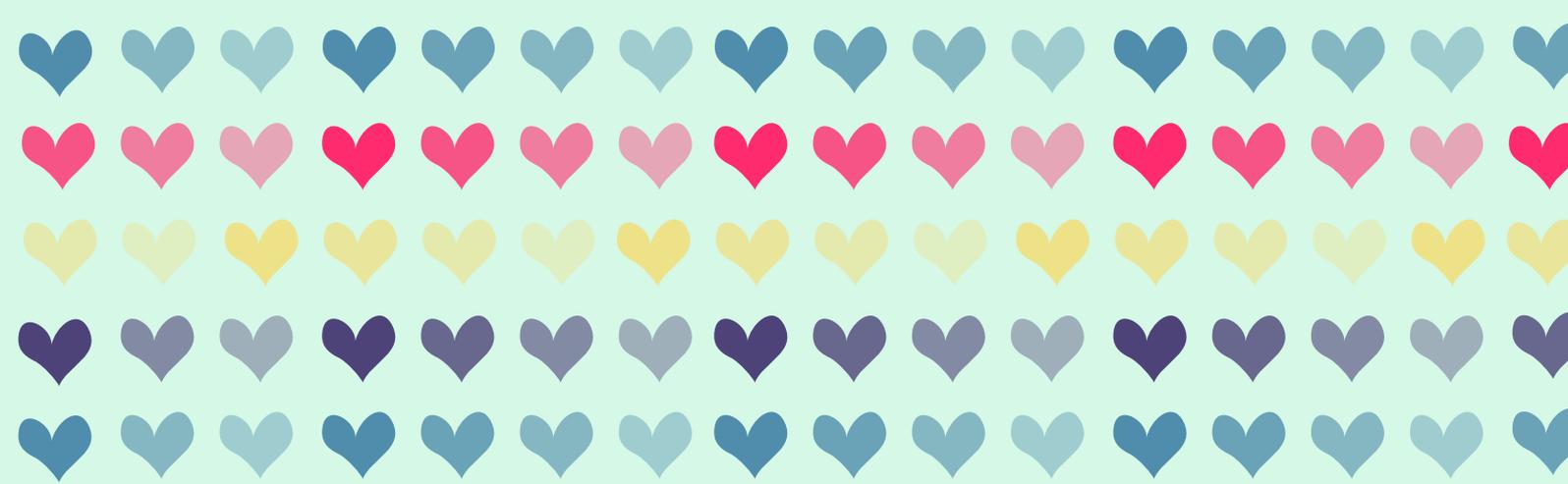# RETREATING FOR WELLNESS

Reframe quarantine as a retreat for your wellness.

Give yourself focus and structure. Celebrate wins daily.
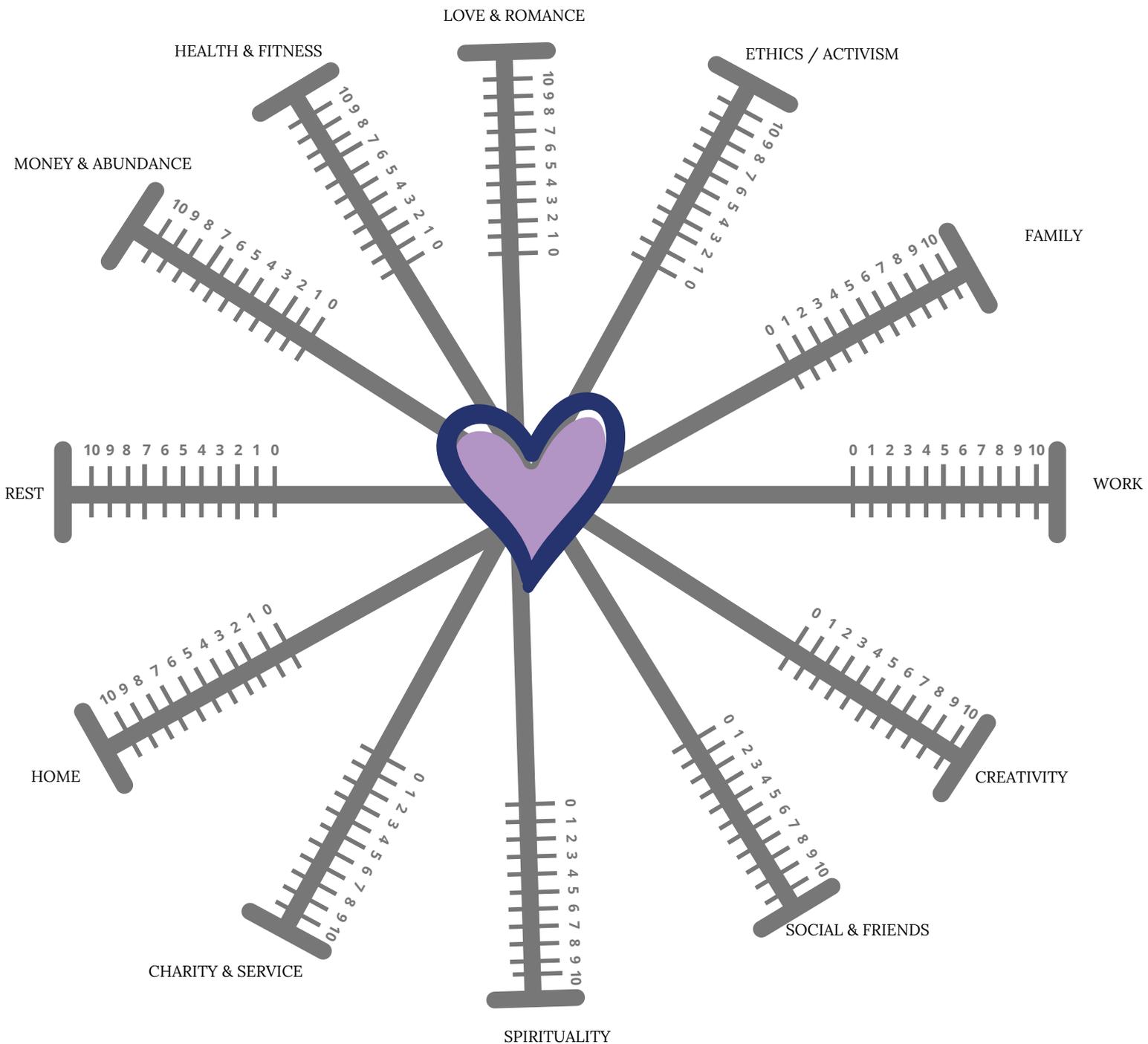
Kickstart new habits & practices.

THE 12 THEMES

Over the last 20 years I have created a method for incrementally improving various aspects of my life without feeling overwhelmed. This exploration has led me to believe that there are 12 basic themes that life can be categorised under.

Start your retreat to wellness by rating out of 10 how you feel about each of these 12 areas in your life right now. You can join the points together so you get a real visual sense of which areas are thriving and which need more focus.

LOVE & ROMANCE

HEALTH & FITNESS

ETHICS / ACTIVISM

MONEY & ABUNDANCE

FAMILY

REST

WORK

HOME

CREATIVITY

CHARITY & SERVICE

SOCIAL & FRIENDS

SPIRITUALITY

RETREATING FOR WELLNESS MISSION

Take some time to write down some goals you have for each theme.
Don't censor yourself - this is the time to be creative.

HEALTH & FITNESS

LOVE & ROMANCE

ETHICS / ACTIVISM

FAMILY
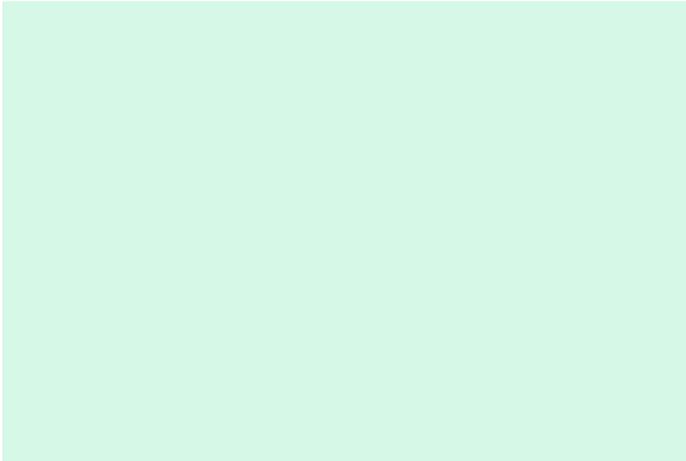
CREATIVITY
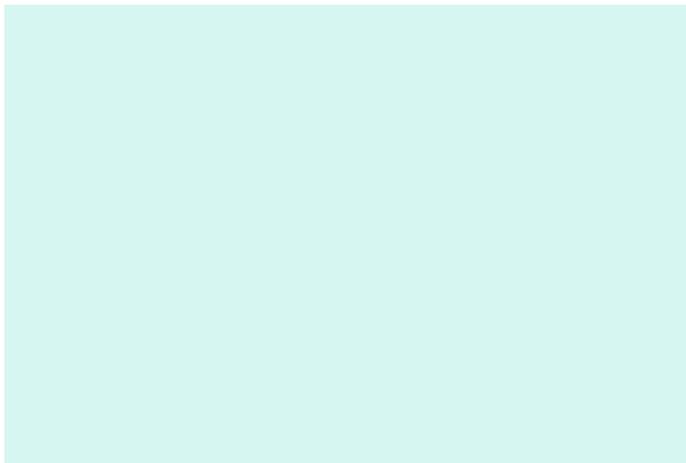
WORK

SOCIAL & FRIENDS

SPIRITUALITY
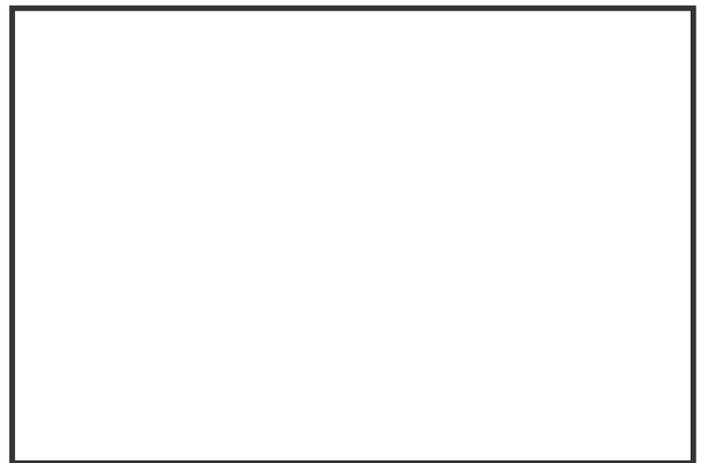
CHARITY & SERVICE

MONEY & ABUNDANCE

HOME

REST

MISSION CALENDAR GUIDANCE

You can approach how you start achieving your goals in a few different ways. Here are some suggestions to consider and use with the following MISSION CALENDAR page.

When I talk about an actionable goal - I mean something SMART. You may have heard of SMART goals before, but if you haven't - SMART stands for: Specific, Measurable, Attainable, Relevant, Time-based. If your main goal is 'get fit' - that's not clear enough. But a SMART goal might be to do a specific YouTube video workout suitable for your fitness level for a length of time you feel like you can do, e.g. do Jo Smith's 15 minute cardio workout
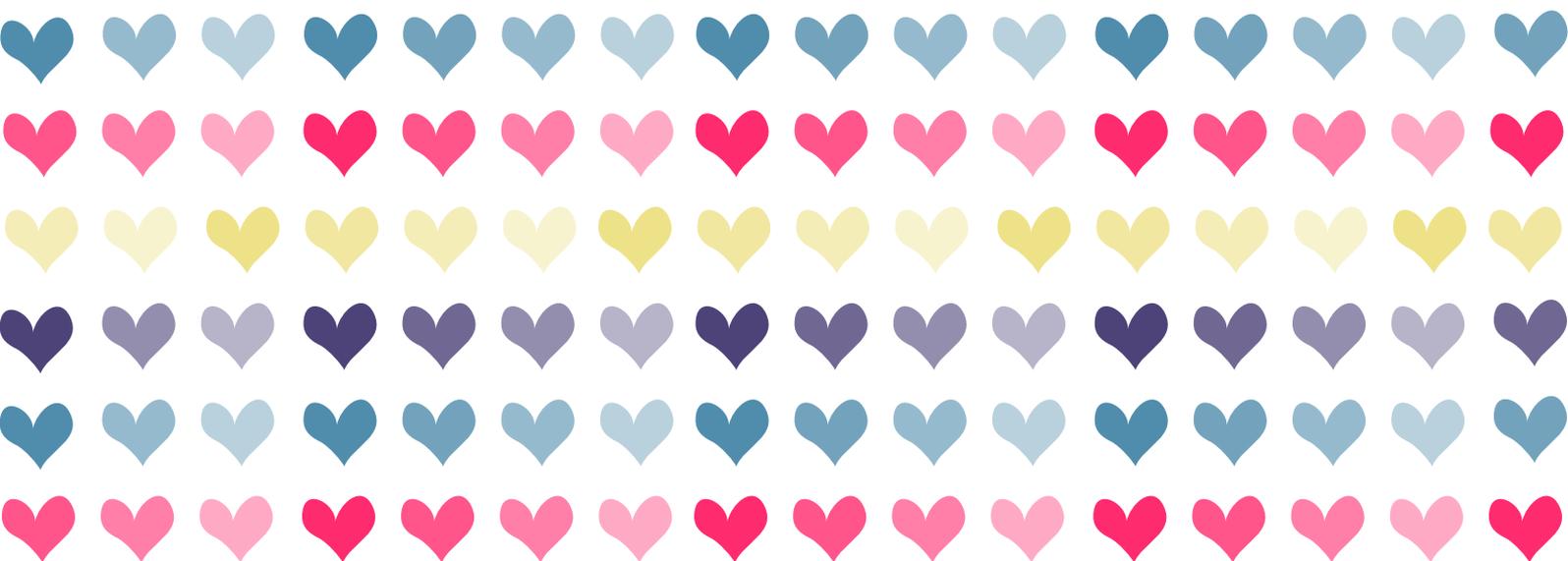
Below are some further suggestions to consider when using the following worksheet. Print as many copies of the MISSION CALENDAR as you need. You might prefer to buy a beautiful new journal to use and simply transfer the structure overleaf into it:

Option 1: Give yourself one actionable goal from one of the themes per day. You can choose to rotate through the 12 themes or you can choose to focus for a period of time on just one.

Option 2: If you'd like to do more in one day - just list the additional themes and goals you want to include on a particular day below your first goal or print a new page out for each and date them with the day of retreat you're on.

Option 3: If you'd like to track your goals cumulatively then you can roll your previous goals forwards into the continuing goals section. For example if you decide to do a HIIT workout on day 1 of your retreat and you wish to try to do this daily then you can add 'HIIT WORKOUT' under HEALTH & FITNESS in your continuing goals.

Reflection: Do the assessment on how you would rate each of the 12 areas periodically, and see whether this shows you what's changing and improving and what you might prefer to focus on. Print as many of these as you need. If you are following option 1, I would suggest you do this every 12 days as you then can see how you are feeling as you achieve each goal.

MISSION CALENDAR

Day ___ THEME _____

GOAL:

COMPLETED

WHAT I LEARNT/WOULD CHANGE
NEXT TIME:

CONTINUING GOALS (if relevant):   COMPLETED:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

STREAK TRACKER

If you're motivated by streaks, then you can also track how many days in a row you've achieved your goal, write a short hand for each goal on the left for each line and check off each day you do. Print as many as needed. Feel free to do this in your journal instead or in a tracking app on your mobile device if you prefer. If streaks don't interest you then skip this part:

GOAL:

SUMMARY AND POINTERS

You now have all the tools you need to help you start to achieve some of those goals and make the most out of a challenging time.

Some pointers and reminders from me:

- If you feel stuck or lost, do the rating on the 12 themes again to help you work out which themes you might want to specifically focus on. Come back to this rating regularly so you can see your progress.
- Make SURE your goals are SMART - if you make them too vague you won't achieve them because you are giving yourself too much cognitive load each time you have to think about what you want to do. Be specific.
- Consider ticking your goals off the list from each of the themes where you were writing down and not censoring yourself. Don't judge the goals you come up with - you can always adjust and adapt them over time. If you achieve all the goals in a particular section (or some aren't relevant anymore) - do that free-writing goal writing exercise again to define new ones.
- Don't over-do it. This system works differently depending on your personality type. I LOVE order and structure and tend to go further with it than most people will. Some of you might like to just do the rating and the listing of goals, without tracking how you are doing with them every day. Others may want to just focus on one goal a day or one goal a week. Please use it in a way that serves you best. This is simply a structure and tool to help.
- Don't beat yourself up if you don't 'complete' goals. It's possible they aren't SMART enough - - focus on the word Attainable there. You may need to simplify a goal or ask somebody else to help you think about how to structure it so that it is easier to do. Try to think about what is getting in the way of you doing it and then trial something different the next day. This is a process and a journey, not an end point.

I hope you find this system useful and that you enjoy your retreat for wellness as much as possible. I'd love to hear from you how you are getting on with is so if you are on instagram do post how you are getting on with the hashtag #quarantineretreat2020 and tag me @raeekayassaie - or feel free to drop me an email - info@lovemindbodyheart.com

Happy retreating! x