**Rec Lab Experience**

**Planning Worksheet**

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|  | **Opening** | **Initial Engagement** | **Take A Risk** | **Exploration and Learning**  | **Build Community** | **Design the Future** | **Celebrate and Enjoy** |
| What we Want… | -Make a break from the “real world”-Create Safety-Ritualize Space | -Low Risk-Self-disclosure-“Who am I here?” | -Speak Truth-Allow discomfort-Face Fear-Explore new territory | -Explore the undercurrent-Anchor Learning-Determine bigger wants  | -Clearing The Air-New level of trust -Challenge Beliefs-Letting Go-New Commitments | -Set Expectations-Build Structure and Systems-Accountability | -Appreciation-Connection-Renewal |
| Time Period |  |  |  |  |  |  |  |
| Activity Notes | Opening RitualCheck InGuidelines | Personal StoriesUpdates | Stretching 10%Creative Adventurous Playful | Focused exercises and conversation | Focused exercises and informal conversationsRecreational fun | CommitmentsAgreementsFrameworks | Specific Steps |
| Owner(s) |  |  |  |  |  |  |  |