**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 Ritual  Check In  Guidelines | Personal Stories  Updates | Stretching 10%  Creative Adventurous  Playful | Focused exercises and conversation | Focused exercises and informal conversations  Recreational fun | Commitments  Agreements  Frameworks | Specific Steps |
| Owner(s) |  |  |  |  |  |  |  |