

Pre-Retreat Journaling Prompts

Savoring life, reclaiming joy.



Welcome! As you prepare for your retreat, take some time to reflect on these prompts. This journaling exercise is designed to help you connect with yourself, clarify your intentions, and set the stage for a transformative experience. Find a quiet space, take a few deep breaths, and allow yourself to explore these questions with honesty and compassion.

Savoring Life

- What are some small moments of beauty or joy you've experienced recently that you truly savored?
- How can you consciously cultivate more moments of savoring in your daily life?
- Describe a time when you felt truly present and connected to the world around you.

Reclaiming Joy

- What activities or hobbies used to bring you immense joy? How can you reintroduce them into your life?
- What limiting beliefs or patterns have been blocking your ability to experience joy?
- What does joy feel like in your body? What sensations or emotions do you notice?

Tending the Inner Garden

- What aspects of yourself need the most nurturing and attention right now?
- What are some ways you can practice self-compassion and kindness towards yourself?
- What boundaries do you need to set in order to protect your inner peace and well-being?

Integration

- What lessons have you learned recently that you want to integrate into your daily life?
- How can you create a more harmonious balance between your mind, body, and spirit?
- What past experiences or relationships are you ready to release or reframe in order to move forward?

Intention

- What is your primary intention for attending this retreat?
- What specific outcomes or experiences do you hope to gain?
- How can you remain open and receptive to new insights and opportunities during the retreat?

Next Steps

Take this journaling exercise as a starting point. Feel free to revisit these prompts throughout your retreat preparation. Remember to listen to your inner wisdom and trust the process. We look forward to seeing you at the retreat!