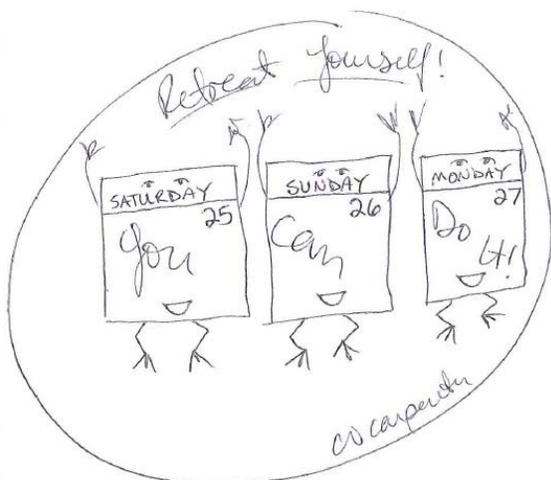


Take a Weekend Retreat!



Here is a turbo-boost strategy to make progress on your goal.

Take a three-day weekend retreat!

You can focus on any project you like. You can take one day or devote all three. The point is to devote time to your dream or goal and make it a priority.

Here are steps to help you plan your retreat.

1. Plan what you will do and decide on your time commitment.

First, decide how much time you can devote to your project. This will help determine how much you can accomplish. Do what you realistically can; if you can only do half a day, that's totally fine and good. The point is to prioritize some time for yourself and commit to it.

Next, choose what project or goal you'll work on. Here are some examples:

- Read a Book in one day
- Write 10k words on your Story or Novel
- Spring-clean your whole house
- Make a bunch of items for your Etsy store
- Watch all 8 Harry Potter movies
- Do a Marketing Blitz event for your business
- Start your Holiday projects early
- Do a Planning Retreat/Vision Quest for a new project

2. Use time estimates to be sure you are planning realistically. Don't overcommit yourself.

You want to set yourself up for success by planning realistically. To use an example above, if you only have half a day, you probably can't write 10k words in four hours, but you could try for 2k.

Ask yourself, what are the specific steps I can accomplish in my time commitment toward my goal? Assign each step a timeslot and check if you really can take all of the steps you want in one day. If not, adjust your plan before your retreat so you don't lose time readjusting during your dedicated time.

Another example: if you have two days and you want to watch all 8 Harry Potter movies, that's 4 movies per day. Estimate 3 hours per movie, including a bathroom or snack break, and that's 12 hours per day. If you start at 8:00 a.m., you would finish at 8:00 p.m. If you're okay with that, then you're golden. If the weather will be nice and you don't want to be stuck inside all day, you'll want to adjust your goal!

3. Prepare any resources you'll need in advance so you don't lose time during your retreat.

If you need supplies or some research books from the library, for example, get those in advance of your retreat or schedule going to the store/library as a step in your plan.

4. Alert friends and family that you will be unavailable during your time commitment.

Who do you need to alert that you'll be unavailable all day? Put your phone on do-not-disturb or silent if you can; put your email on out-of-office. Mention your retreat on Twitter and Facebook. Tell the people close to you that you need to concentrate on your project and you can't be disturbed. Don't let any interruptions derail your retreat unless they are real emergencies!

5. Make a schedule for your time commitment. Build in some rest breaks but try not to get distracted with other things, like chores or email.

Make a schedule for your steps and their timeslots. (See page 3 for a sample schedule template.) Build in a couple of breaks if you like, but try to keep them quiet and restful, like taking a walk or doing a short meditation. Doing unrelated, active things on your break might distract your focus from your retreat.

To keep from procrastinating, consider also writing a list of all the things you will not do ("For my writing retreat, I will not check Facebook. I will not watch Days of Our Lives. I will not do chores or laundry. I will not read any blogs. I will not call old college friends to chat." Etc.)

6. Schedule your retreat.

I suggested you take a three-day weekend to do this, but you can do it any day you like. Three-day weekends are convenient because they give us an extra day off, but you can use a vacation day or regular weekend; whatever works for you!

Here are the common three-day weekends in the U.S.:

- Martin Luther King, Jr. Day – January, third Monday
- President's Day – February, third Monday
- Memorial Day – May, last Monday
- Labor Day – September, first Monday
- Veterans' Day – November, second Monday
- Thanksgiving weekend – November, Friday after the fourth Thursday



Plan Your Retreat!

- Project/Goal: _____
- Resources Needed: _____
- People to Alert: _____

Schedule for Day One:

Date: _____

	Time	Task	Time	Task
	8:00a		12:30p	
	8:30a		1:00p	
	9:00a		1:30p	
	9:30a		2:00p	
	10:00a		2:30p	
	10:30a		3:00p	
	11:00a		3:30p	
	11:30a		4:00p	
	12:00p		4:30p	

Schedule for Day Two:

Date: _____

	Time	Task	Time	Task
	8:00a		12:30p	
	8:30a		1:00p	
	9:00a		1:30p	
	9:30a		2:00p	
	10:00a		2:30p	
	10:30a		3:00p	
	11:00a		3:30p	
	11:30a		4:00p	
	12:00p		4:30p	

Schedule for Day Three:

Date: _____

	Time	Task	Time	Task
	8:00a		12:30p	
	8:30a		1:00p	
	9:00a		1:30p	
	9:30a		2:00p	
	10:00a		2:30p	
	10:30a		3:00p	
	11:00a		3:30p	
	11:30a		4:00p	
	12:00p		4:30p	

Want more great information like this ebook?
Check out Exploring Your Depths!



Cathy Carpenter * Exploring Your Depths, LLC

Certified ARTbundance Coach and Practitioner

Tarot Reader and Teacher

Visit ExploringYourDepths.com for:

- * **Blog posts**, published twice per week
- * Weekly **newsletter** sign-up
- * Upcoming **events** and **e-classes**
- * **Free downloads** on topics related to coaching and self-development
- * For-purchase **workbooks**, like "The Art of Self-Examination"

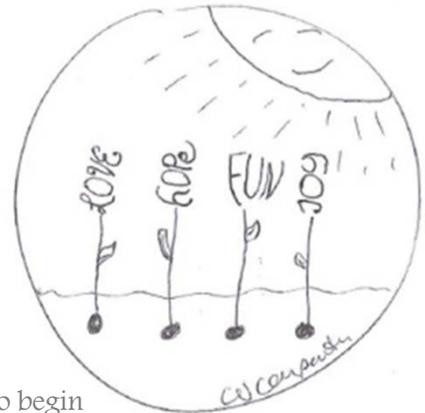
Creativity and Life Coaching

I have four coaching options including a free session.

Free

Free "Depth-Charge" Session, 30-45 minutes.
Set a Depth-Charge to shake things up!

If you are overwhelmed with the change(s) you want to make in your life and aren't sure where to begin



Paid sessions range from \$125-495 and focus on Work-Art balance, creative abundance and vitality, and accountability to make your creative dreams real!

See the [Coaching page](#) on Cathy's website for more information.

Tarot Reading and Classes

Are you confused, frustrated, and seeking answers? Have you over-thought an issue so much that you can't stand to think about it, but you still need to find a solution? Are you looking for outside help, a fresh pair of eyes, to help you work through your issue?

Let's ask my cards to help you with your issue! Book a reading today. Prices range \$25 to \$55.

Cathy also teaches a tele-class series, "Find Yourself in the Cards", based on the tarot archetypes of the major arcana. See [her site](#) for more information.

- * Fooling Around * Magician Ignition * High Priestess Secrets * Empress Yourself * Emperor Treasure *
- * Hierophant for Hire * Lovers Lane * Chariot of Fire * Strength Training * Hermit Haven *

Cathy Carpenter, Exploring Your Depths, LLC, exploringyourdepths.com

<https://www.facebook.com/ExploringYourDepths>

<https://twitter.com/innerdepths>

<http://www.etsy.com/shop/EightofWands>