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**Re:Treat**

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**Introduction**

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Welcome to the Re:Treat. I'm so glad you could join us in making a commitment to yourself - to reflecting on your life, reconnecting with your true self, and to living your future life in a way that brings you joy and leaves you feeling fulfilled.

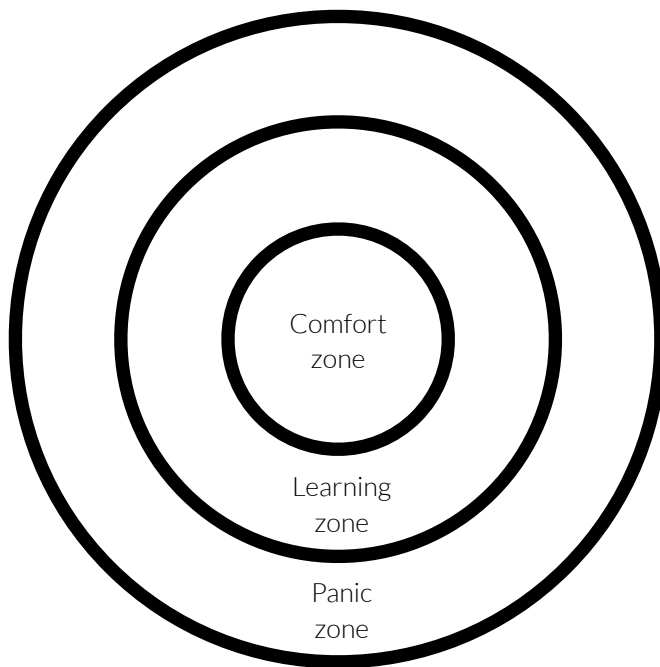
Over the next few days you'll have the opportunity to delve deep into the following areas:

- **Reflecting**
- **Recharging**
- **Replanning**

Each of the areas include some suggested activities and templates. You might find it helpful to print the templates and make notes within them, or you may prefer to make your own notes. Perhaps you'd prefer to record your notes - with voice messages or videos.

You may wish to spend some of the Re:Treat doing work independently, and you may wish to spend some of the Re:Treat working with others, whether that's including people you trust (people you work with, live with, or who support you) or people on the Re:Treat.

### Your learning zone



You may be familiar with the three zones in the image above:

*Comfort zone* - things feel comfortable and don't take much energy but you are limited in scope.

*Learning zone* - things take more energy, but there is more you can do.

*Panic zone* - going too far outside the comfort zone, not being able to learn.

I'm inviting you to stretch yourself during the Re:Treat. Stretch yourself outside of your comfort zone and into your learning zone.

Tailor the Re:Treat to maximise your time in this zone - too much time in your comfort zone and you won't make the changes you desire; but move too far and you'll go into your panic zone.

Check in on a regular basis to see where you feel you are - if you're outside of the learning zone, adapt the experience to bring you back. Stretch yourself if you're in the comfort zone, and bring it back if you're in the panic zone.

### Support

We have our regular check-ins scheduled each day at the following times:

- 09:30 - start of day check-in
- 13:00 - lunchtime check-in
- 16:00 - end of day check-in

We also have our Facebook messenger group for communication between the calls.

And if you need individual support you can contact me directly: 07734 822445



**What are your reasons for doing the Re:Treat?**

**What do you hope to get from the Re:Treat? How will you maximise your learning experience?**





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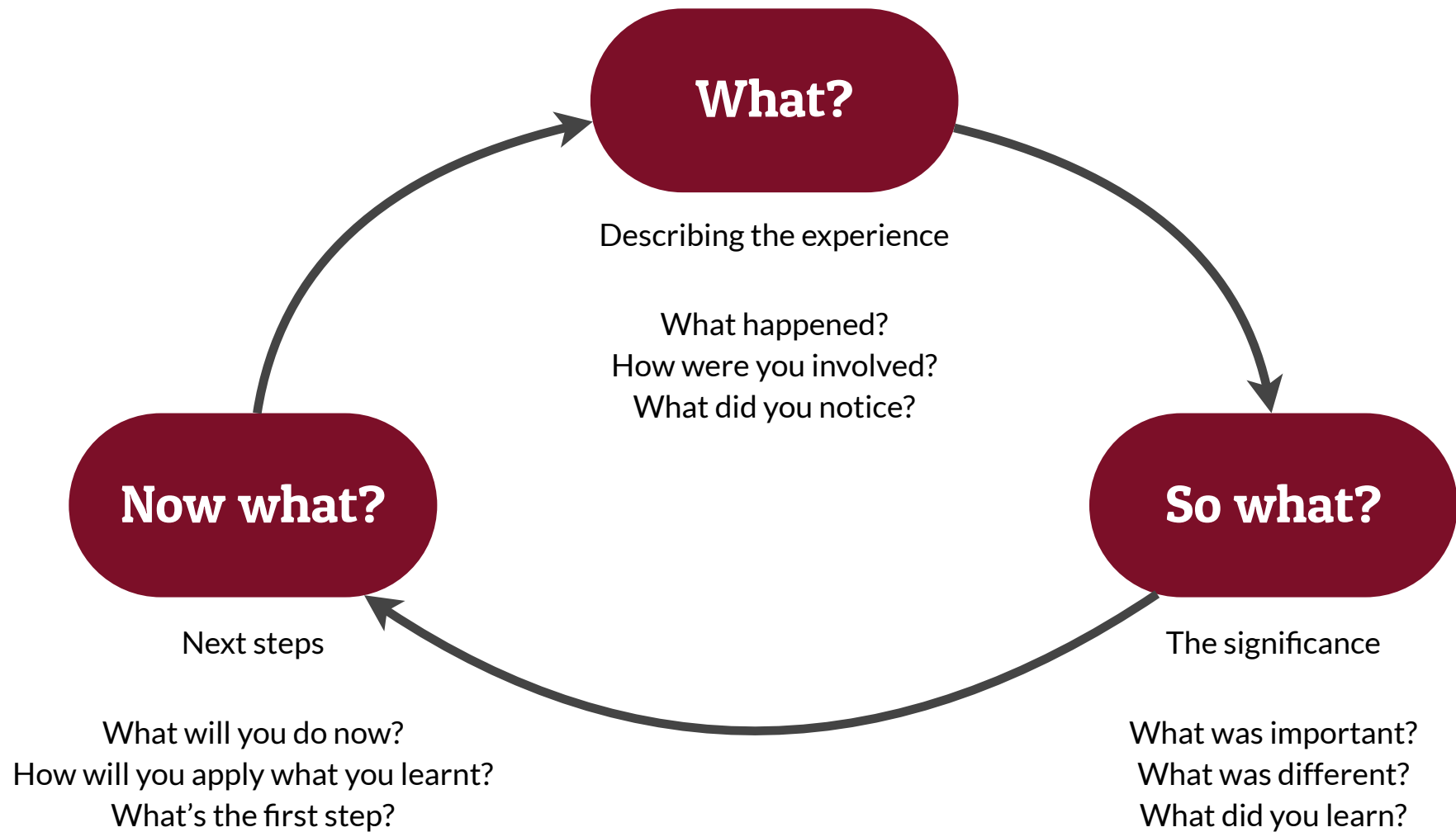
**Re:Treat**

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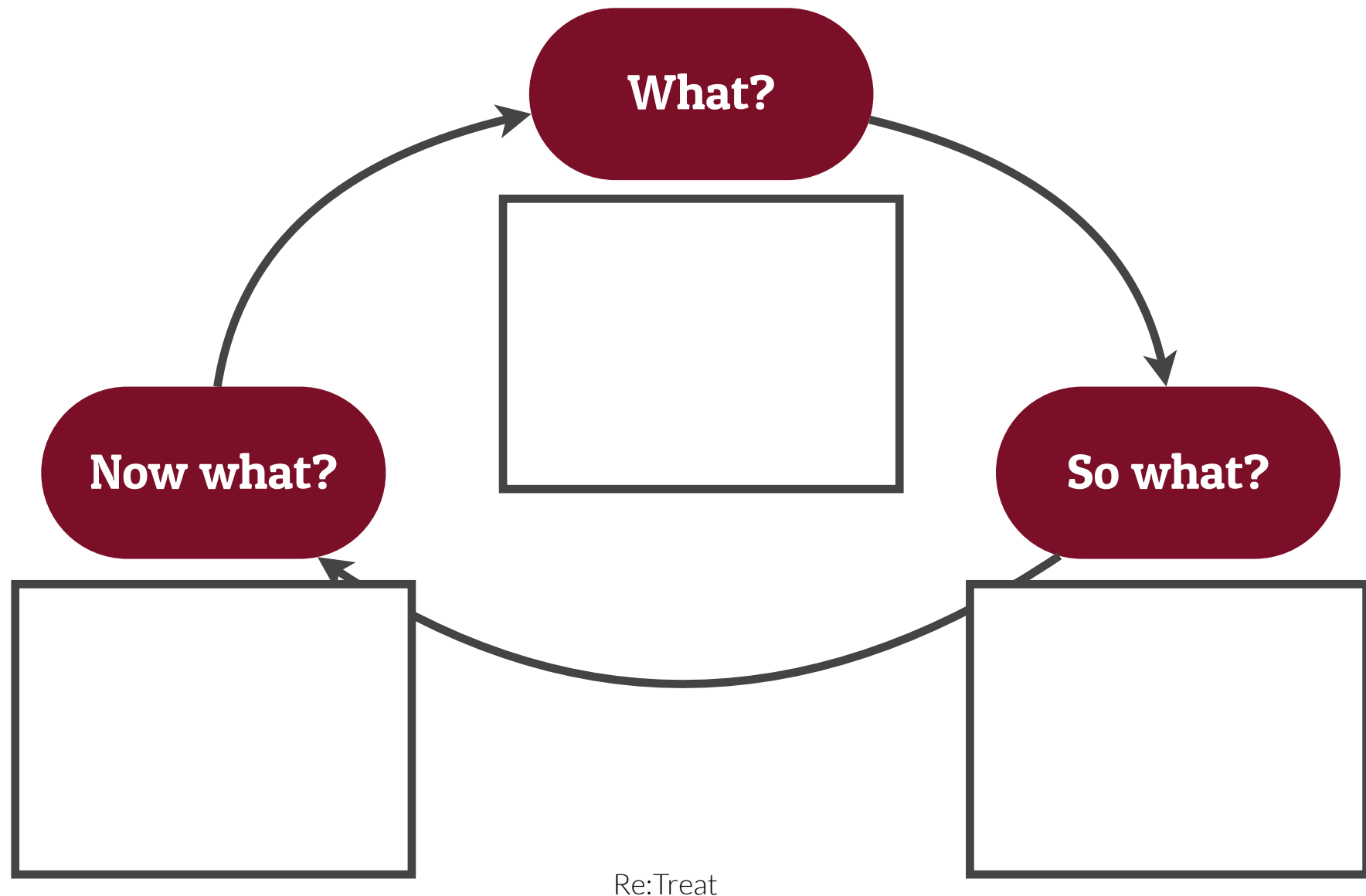
**Reflecting**

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## Rolfe's Reflective Learning Cycle



## Rolfe's Reflective Learning Cycle





## Short-term Reflection

### What have been your recent highlights?

Think about times that you've really enjoyed, no matter how big or small they might seem.

### What have you been grateful for recently?

Again this could be big things or small things, and could be specific things or general things to be grateful for.

### What has helped you feel good recently?

Maybe things you've done for yourself or others have shared.

### What have you learnt recently?

This could be new learning or reminders of previous learning.



## Medium-term Reflection

What are your favourite memories of the last year or so?

What was time very well spent?

What did you accomplish or achieve?

What was money very well spent?





## Long-term Reflection

### Your story

Think about your life journey so far. What stand out as highlights and what challenges have you overcome? Pick out the influential people and experiences in your life, and notice themes that have been with you throughout your life. Write, draw, map it out...



## Feedback from others

**Who might be able to give you feedback that would be helpful for you to know? What would you like to find out?**

Use this to plan the questions or record the feedback.



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**Re:Treat**

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**Recharging**

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## Your Inspiration

What are your favourite things (books, music, photos...)?

Who are your favourite people?

Where are your favourite places (cities, parks, homes...)?

Where are your favourite spaces (museums, libraries...)?



## Your values

### **What values are important to you in the way you lead your life?**

Your values will remain relatively consistent over time, and will usually show up across all parts of your life. You may notice them as things that are important to you in any of your interactions with people, and you may notice them when you react negatively when one is being challenged. The people close to you may also be able to help you identify your values.





## Your Priorities

**What are your priorities in life?**

**How much time would you ideally choose to dedicate to them, and how often?**

**Where might the balance be adjusted?**

Are there things you are dedicating a lot of time to that aren't important to you, or very little time to things that are important to you?



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**Re:Treat**

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**Replanning**

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## Future story

**What would you like to be included in your future story? What important moments or achievements would you like to include?**

Write, draw, map it out...



## Future visualisation

**Visualise your life in X years time (whatever works for you). Use the following prompts to record what your life will be like.**

In X years, my relationships are...

I am...

My home is...

My finances...

My extended family and friends...

My work...



## In five years...

Choose four important areas of your life and think about where you'd like to be in five years. Record where you'd like to be each year between then and now on the table below (use the header row to write the areas you have chosen).

By April 2026...				
By April 2025...				
By April 2024...				
By April 2023...				
By April 2022...				





## Your year ahead

Use this tool to help you plan the next 12 months. Include all aspects of life - if you already have specific commitments that will occupy a lot of time/energy, include those first. Then think about the flow of your year and map out your priorities, including work priorities and life priorities (holidays should be in there if they are important to you). Aim to have no more than two or three areas each month.

April 2021

May 2021

June 2021

July 2021

August 2021

September 2021

October 2021

November 2021

December 2021

January 2022

February 2022

March 2022



## Five pillars - annual focus

The five pillars are often used to support planning across your life to ensure you are honouring all parts of your life.

Think about each of the areas and consider where you would like to be in 12 months. You may choose to be specific or you may prefer to keep them as high level statements, whatever is most motivating for you.

### Financial

### Spiritual

### Mental

### Physical

### Relational



## Five pillars - monthly focus

The five pillars are often used to support planning across your life to ensure you are honouring all parts of your life.

Think about each of the areas and consider where you would like to be in one month. You may wish to link these to the annual worksheet. To help with planning, you may choose to be specific at this point and list actions that would benefit you.

### Financial

### Spiritual

### Mental

### Physical

### Relational



## Your future priorities

Map out your current ideas and projects in the grid below.

Which are most important? Which are most urgent? Which need to be done by you?

