



In The Beyond Women's Retreats

RETREAT FORMS

Getting Started Pre-Work

Bring this to the retreat with your answers to each of these areas as we will be using this as the foundation to start and will be reevaluating these at the end of the retreat.

1. What are you wanting to get out of this retreat? Refer to your ideas of Deepening into wildness and freedom
2. Describe both your fears and expectations about this experience.
3. What led you to make the decision to come? Think beyond the recommendation of someone else but rather think deeply into yourself and consider what has been preparing you for this experience.
4. What are your main managers and firefighters and your qualities of Self joining you for this trip?
5. What are the benefits to you of being out working with parts in nature this week?
6. Describe yourself related to each of the following components of self and self energy:
 - calmness:
 - curiosity:
 - confidence:
 - courage:

- connectedness:
- creativity:
- compassion:
- clarity: