the reset ritual

DIY PERSONAL RETREAT PLANNER
INTRO

READY TO RESET?

CONGRATULATIONS ON TAKING THE TIME TO GIVE YOURSELF A RETREAT.

Today, it’s harder than ever to set boundaries between work, family, friends, and personal space. We can be reached anywhere, anytime. Comparison, distraction, and feelings of not being enough are just a swipe away.

We’re taught to do and be everything to everyone. We’re supposed to have it all figured out, checking off milestones as we race to some invisible finish line.

That’s why it’s more important than ever to take time to shut out the noise and listen to your inner voice. You know, the little voice that always knows best. :)

In this planner, we walk through the ingredients for a DIY Retreat and you’ll have space at the end to plan your own.
Set The Foundation

There are three elements that make up the heart of your DIY Retreat. Take some time to think about how you’ll implement each of them before you start planning anything else.

**INTENTION**

Think of your intention as the North Star of your retreat. It’s why you want to take the time and space to fill your own cup. When you’re clear on this, it’s easier to plan a retreat that’s perfect for exactly what you need right now.

We’ll walk through how to set an intention on the next page. After you’ve written your intention statement, you can come up with a theme for your retreat that’s easy to remember.

**SPACE**

Creating space is important both figuratively and literally. Set boundaries for how you’ll relate to family, work, and other responsibilities during your retreat. Don’t forget to communicate how long you’ll be unavailable to set the right expectations.

Your physical space is important too. Just remember the five C’s: clean, calming, comfortable, clutter-free, and curated. The first four are self-explanatory. What does curated mean in this sense? Thoughtfully select a few items that inspire you, cultivate your curiosity, or support your intention.

**SILENCE**

We live in a noisy world that’s constantly bombarding us with more and more information to consume. Silence has become a precious commodity that we need to carefully protect.

Take the opportunity to relish in sweet silent time during your DIY Retreat. You don’t have to be silent the whole time...unless you want to. Try to dedicate at least 20 minutes a day in quiet or surrounded only by the sounds of nature.
Set Your Intention

Think about your answers to these questions as a handy framework for getting to the core of your intention.

1. What's your biggest struggle right now?

2. How do you think a retreat can help you with that? What's the ideal outcome?

3. How do you want to feel in your everyday life after your retreat? List 3-5 feelings.
   (Be specific; avoid "good" or "happy." Go deeper. Bust out the thesaurus--you got this!)

Now, let's find your retreat intention, Mad Libs style.

Rewrite this sentence replacing what's in the parenthesis with your own answers.

I need an escape from (your biggest struggle) so I can (the outcome you're hoping for) because I want to feel (your 3-5 feelings) in life.

Your turn!

I need an escape from _______________________ so I can _____________________________ because I want to feel _________________________ in life.

Voilà! Now you have an intention to focus on as you plan (and enjoy) your retreat.
Foundation Worksheet

Use this sheet to write down your intention as well as your plans to incorporate space and silence into your retreat.

MY INTENTION IS

I'LL SET BOUNDARIES WITH OTHERS DURING MY RETREAT BY

MY PHYSICAL SPACE WILL INCLUDE

I WILL INCORPORATE SILENCE BY
The Anatomy of Your DIY Retreat

Now that you have the foundational elements of your retreat in mind, let’s talk about how to actually spend your time. On the next page, you’ll plot out what you’ll do for each activity and when on your planner.

FEEL-GOOD FOOD
Choose foods that make you feel vibrant and clear-headed. Try to stick to local and seasonal ingredients. If you have access to a fresh market, head there first instead of the grocery store. Go for organic vegetables, fruits, humanely-raised protein, and lots of water.

REJUVENATING MOVEMENT
Focus on moving your body in ways that feel good to you. Maybe it’s walking, yoga, gardening, or dancing. Think gentle and restorative versus high-energy and intense (unless that kind of movement aligns with your intention!).

REFLECTION
Journaling is a powerful tool for self-reflection and finding clarity. You can free-write by simply spilling your thoughts on paper without editing or judging yourself. Need more direction? Try using these prompts to get the juices flowing:

What’s working in your life right now? What’s not?
List 20 things you’re grateful for, big or small.
How have you changed in the past five years?
Write your own obituary (sounds morbid but it’s incredibly powerful, try it!)

EXPLORATION AND NATURE
Get outdoors and notice all the scents, sights, and sensations of being in nature. In a city? Go to a park. If nothing else, breathe fresh air, watch the birds, and catch the sunset.

Explore a new activity or one you enjoyed in childhood. Do something that gets you into a state of flow where you forget about anything else.

PERSONAL GROWTH
Consider your intention and then choose a book that will help you dig deeper, get inspiration, or find clarity. A podcast, video, or documentary could work too, just be careful not to get caught in an online rabbit hole and away from your retreat.
## Your DIY Retreat Planner

**WHEN:**

**WHERE:**

**WHY:**

**THEME:**

### Activity Grid

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ABOUT THE RESET RITUAL

The Reset Ritual is where travel and adventure meet intention, reflection, and mindfulness to inspire a life well explored—at home or away.

I’m Katie. Armed with a stamp-soaked passport and a wellness coaching certification, I’m here to help you enrich your life through travel, self-discovery and self-care.

For more travel and personal retreat tips and inspiration, follow @TheResetRitual on Instagram, Facebook, and Pinterest. Don’t forget to use #TheResetRitual to share your journeys.
“ALMOST EVERYTHING WILL WORK AGAIN IF YOU UNPLUG IT FOR A FEW MINUTES--INCLUDING YOU.”

-ANNE LAMOTT