



RETREAT  
*Reflection*  
WORKBOOK



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# *Breathe. Allow. Expand.*

This workbook is intended as a way to take the time to reflect on what you experienced during the retreat, to take the time to notice what changed, and set an intention on what you would like to keep in your everyday life.

## **This is all about you.**

How you see and feel things, and through which filters you color your life.

Sometimes we see so many colors that we get lost and forget the simplicity of what truly matters.  
And sometimes we forget so many of those bright and alive sparks of color that it's hard to invite them back in into our life.

In the end, it's all about being aware, and taking that first step.

*And the next one.*  
*And the next one.*

Until we feel whole and at home  
in our body, mind, and heart.

***At home in our life.*** ✨

# What did you learn?

What did you learn from this experience and the time you spent with the Medicine?

What did you learn about you?

What did you learn about others?

What did you learn about life?

# *What did you learn about life?*

Do you think or feel differently about anything?

How do you think differently?

How do you feel differently?

What else has changed because of what you have learned?



# What to remember?

What do you want to remember and integrate in your life?

What do you want to remember?

Why?

In which concrete ways can you help yourself remember this?

# *What matters?*

Sometimes the Medicine allows us to see and feel what truly matters.

What truly matters in my life?



# *Your Intention*

What's your intention for the future? How do you want to nurture and cultivate whatever gift you received during the Retreat?



*Breathe.  
Allow.  
Expand.*

Into everything that you are.

Because everything you will find on this journey belongs to you, it's there for a reason, and simply needs to be witnessed and integrated into the present moment.

***This is a journey, it takes time,  
and you have all the  
resources to be-come  
anything you wish to.***



***Join my Inner Circle for more resources, journeys into your inner wonderland, and deeper connection with like minded people.***