



*Spring Retreat
Planner 2024*

@capturingthecharmedlife

Retreat Journal Prompts

What do you need to retreat from & why do you need a retreat?

What unhelpful mindsets are interfering with homeschool satisfaction?

How do you presently describe your homeschool vision?

What is your present plan to address your big emotions when they arise?

How do you want to show up in your homeschool (& life)?

Share the self-care strategies that serve you (& the ones you'd like to learn).

Who are you beyond homeschool mama & how do you nurture that?

RETREAT MEAL

planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes

Morning

TODAY I AM FEELING...

TODAY I AM GOTING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

Evening

TODAY I HAVE...

I AM GRATEFUL FOR...

I GO TO BED FEELING...

TOMORROW I WISH TO...

Packing Checklist

TRIP DATES _____

CLOTHING	✓
Underwear	<input type="checkbox"/>
Socks	<input type="checkbox"/>
Bras	<input type="checkbox"/>
Sleepwear	<input type="checkbox"/>
T-shirts	<input type="checkbox"/>
Dress Shirts	<input type="checkbox"/>
Casual Shirts	<input type="checkbox"/>
Jeans	<input type="checkbox"/>
Pants	<input type="checkbox"/>
Leisure Shoes	<input type="checkbox"/>
Hiking Boots	<input type="checkbox"/>
Sneakers	<input type="checkbox"/>

MISCELLANEOUS	✓
Cell Phone	<input type="checkbox"/>
Laptop/Tablet	<input type="checkbox"/>
Candle (if allowed)	<input type="checkbox"/>
Essential oils	<input type="checkbox"/>
Cozy blanket	<input type="checkbox"/>

TOILETRIES	✓
Toothbrush	<input type="checkbox"/>
Toothpaste	<input type="checkbox"/>
Dental Floss	<input type="checkbox"/>
Soap	<input type="checkbox"/>
Deodorant	<input type="checkbox"/>
Shampoo	<input type="checkbox"/>
Conditioner	<input type="checkbox"/>
Hair Brush	<input type="checkbox"/>
Styling Tools	<input type="checkbox"/>
Facial Cleanser	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>
Moisturizer	<input type="checkbox"/>

CARRY-ON ITEMS	✓
Travel Pillow	<input type="checkbox"/>
Eye Mask	<input type="checkbox"/>
Earplugs	<input type="checkbox"/>
Tissues	<input type="checkbox"/>
Passport	<input type="checkbox"/>

January

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

February

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

May

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

June

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

July

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

August

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

September

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

November

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY

December

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

notes:

SUNDAY



for the homeschool mama

TO GET AWAY, TAKE A BREATH, AND
ASSESS HOW YOU'RE SHOWING UP

F R E E R E T R E A T
P L A N N E R

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