

# Solitude Worksheet

Solitude Retreat for \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Location \_\_\_\_\_

Length of Time \_\_\_\_\_

Purpose

- Reflection
- Goal-setting
- Relaxation
- Writing / Journaling
- Art
- Hobby
- Reading
- Other \_\_\_\_\_

Activities \_\_\_\_\_

---

---

---

---

---

Supplies \_\_\_\_\_

---

---

---

---

Preparations \_\_\_\_\_

---

---

---

---

---

Goals \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Notes / Insights \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---