

# *My Commitment to Mini-Retreats*

**I DESERVE TO RELAX AND RECHARGE!**

**WITH MY COMMITMENT TO TAKING MINI-RETREATS, I SAY YES TO:**

HEALTH  
✦  
FOCUS  
✦  
REFLECTIVE TIME  
✦  
PUTTING MYSELF FIRST  
✦  
THRIVING  
✦  
PEACE

**I SHARE MY COMMITMENT TO MINI-RETREATS WITH:**

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(name of spouse, friend, colleague, life coach, supportive and trustworthy person, even your journal)

Signature:

Date:

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**THIS WEEK'S MINI RETREATS:**

|       |       |        |
|-------|-------|--------|
|       | When: | Where: |
| <hr/> | <hr/> | <hr/>  |

|       |       |        |
|-------|-------|--------|
|       | When: | Where: |
| <hr/> | <hr/> | <hr/>  |

|       |       |        |
|-------|-------|--------|
|       | When: | Where: |
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|       |       |        |
|-------|-------|--------|
|       | When: | Where: |
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Fill out a new form each week to renew your commitment to take more breaks, and write down the specific Retreats you plan to take this week. (For extra copies of this commitment form, please visit [www.juliajames.ca/resources.html](http://www.juliajames.ca/resources.html).)