

7-STEPS RETREAT SCHEDULE

Day/Time All Times ET	Focus/Activity
FRIDAY - Oct. 13	
6:30 pm - 7:15 pm	Welcome. Overview. Logistics.
7:15 pm - 9:00 pm	The Stone Exercise
SATURDAY - Oct. 14	
7:15 am - 8:00 am	Optional Online Breakfast
8:00 am - 8:30 am	Optional Morning Activities: Guided Meditation; Christian Meditation; Journaling
8:30 am - 9:00 am	Break
9:00 am - 9:45 am	STEP ONE: BE THE PEACE <u>LESSON</u>
9:45 am - 10:45 am	STEP ONE: BE THE PEACE <u>ACTIVITY</u>
10:45 am - 11:00 am	Break
11:00 am - 12:30 pm	STEP TWO: OBSERVE <u>LESSON</u>
12:30 pm - 1:15 pm	Optional Online Lunch
1:15 pm - 2:00 pm	Individual Coaching sessions; Journaling

2:00 pm - 2:15 pm	Break
2:15 pm - 3:15 pm	STEP TWO: OBSERVE <u>ACTIVITY</u>
3:15 pm - 4:00 pm	STEP THREE: BECOME AWARE <u>LESSON</u>
4:00 pm - 4:15 pm	Break
4:15 pm - 5:00 pm	STEP THREE: BECOME AWARE <u>ACTIVITY</u>
5:00 pm - 6:00 pm	Optional Online Dinner
6:00 pm - 6:45 pm	Individual Coaching sessions; Journaling
6:45 pm - 7:00 pm	Break
7:00 pm - 8:45 pm	Honoring Special Guest & Entertainment
SUNDAY- Oct. 15	
7:15 am - 8:00 am	Optional Online Breakfast
8:00 am - 8:30 am	Optional Morning Activities: Guided Meditation; Christian Meditation; Journaling
8:30 am - 9:00 am	Break
9:00 am – 10:00 am	STEP FOUR: DOCUMENT <u>LESSON</u>
10:00 am - 10:45 am	STEP FOUR: DOCUMENT <u>ACTIVITY</u>
10:45 am - 11:00 am	Break

11:00 am - 12:30 pm	STEP FIVE: SCRIPTING <i><u>REVIEW OF LESSONS 1-4</u></i>
12:30 pm - 1:15 pm	Optional Online Lunch
1:15 pm - 2:00 pm	Individual Coaching sessions
2:00 pm - 2:1 5pm	Break
2:15 pm - 3:00 pm	STEP FIVE: SCRIPTING <i><u>ACTIVITY</u></i>
3:00 pm - 4:00 pm	STEP SIX: PRESENTING BALM SCRIPT <i><u>LESSON</u></i>
4:00 pm - 4:15 pm	Break
4:15 pm - 5:15 pm	STEP SIX: PRESENTING BALM SCRIPT <i><u>ACTIVITY</u></i>
5:15 pm - 6:00 pm	Optional Online Dinner
6:00 pm - 6:45 pm	Individual Coaching sessions; Journaling
6:45pm - 7:00pm	Break
7:00pm - 9:00pm	Night Entertainment Activity and/or Recovery movie
MONDAY - Oct. 16	
7:15 am - 8:00 am	Optional Online Breakfast
8:00 am - 8:30 am	Optional Morning Activities: Guided Meditation; Christian Meditation; Journaling; Yoga
8:30 am - 9:00 am	Break

9:00 am - 10:00 am	STEP SEVEN: LEVERAGE & SETTING BOUNDARIES <i><u>LESSON</u></i>
10:00 am - 10:45 am	STEP SEVEN: LEVERAGE & SETTING BOUNDARIES <i><u>ACTIVITY</u></i>
10:45 am - 11:00 am	Break
11:00 am – 12:00 pm	Biggest Take Away
12:00 pm – 1:00 pm	The Stone Exercise Part II & Farewells - End of Retreat