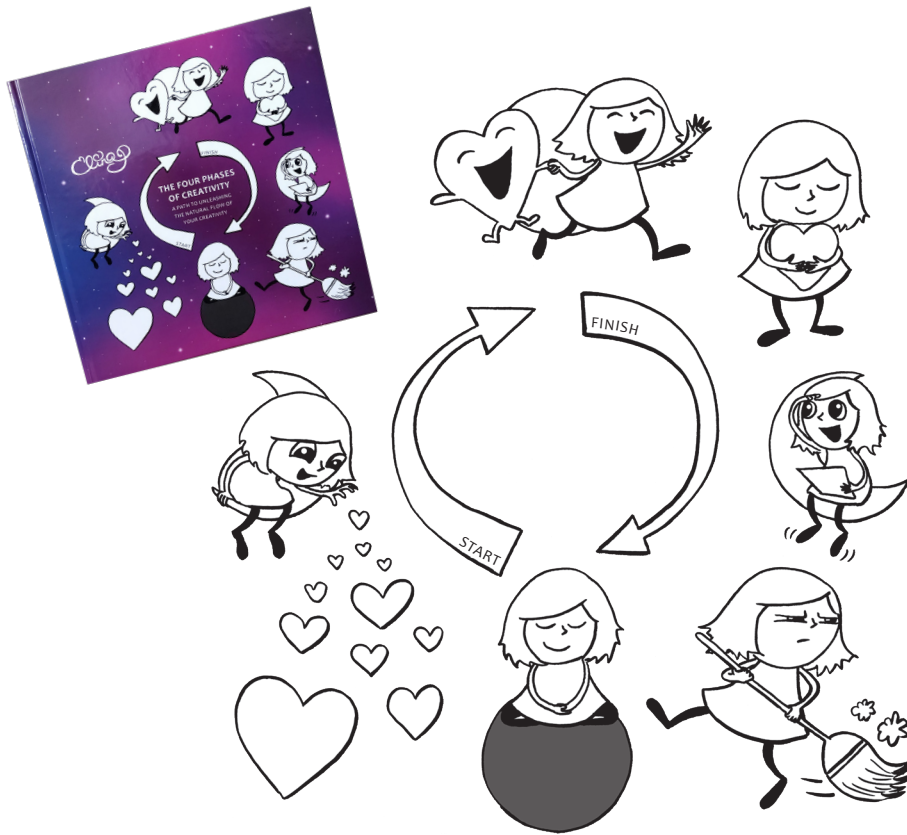


BONUS 3 - A Weekend Book Retreat



Enjoy a Weekend Book Retreat

with **THE FOUR PHASES OF CREATIVITY**

Here's a suggestion on how you can go through the book in one weekend, starting on Friday and finishing on Sunday evening.

The goal here is to journal through the prompts in the book that resonate the most to learn more about yourself as a dreamer and as someone who can finish what they start.

Looking forward to next Friday to begin!

And again let's
ENJOY THE JOURNEY!

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REST

FRIDAY

Start your book journey on a Friday evening.

Make yourself comfortable and give yourself time to show up for your dream this weekend.

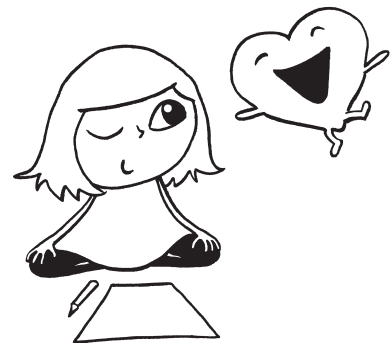
- Read the intro pages (pages 5-23).
- Do the exercise on pg 21 to connect with your heart and rest in joy.
- Reflect back on all the dreams you've made come true so far:
What did you do back then to make them come true? What are your strengths as a dreamer?
- Celebrate where you are now.
Celebrate all the dreams you've realized in your life, celebrate your strengths.
- Concentrate on going to bed early and with a smile on your face.
Offer your body the rest that it needs.

MAKE A DECISION

You can commit to this weekend retreat in two ways.

START DREAMING

Either make it about your next dream. Set your intention to imagine through the process that you'll start after the retreat so you can show up for your dream fully prepared. Pick the journaling prompts you can answer now, but don't stress if you need to wait with the answers until you have proceeded with your dream.



DIVE DEEPER

You can also use this weekend retreat for going through the book and learning more about yourself as a dreamer. In this case you don't need to have a dream ready, you don't need to set goals or start anything after the weekend, but instead study through the prompts and reflect back on your past dreams to see what you can learn to help you with your next dream. Study the process, answer the journaling prompts that resonate, pick the insights that feel the most helpful to you and build your own troubleshooting guide that helps you with your next dream and is perfectly designed just for you.

Or maybe you can do both? Your choice, just try not to overwhelm yourself.

START

SATURDAY

REST & DREAM - What Do I Want?



Observe how your body feels after getting rest.
Does it need more or do you feel well rested?

Read pages 24-29 and journal/study the journaling prompts.
What does this phase of the process mean for you?

Next go through the trouble shooting section on pages 30-35 and see if any of them sounds familiar and remind yourself of the ways you've dealt with struggles in the past. See if the offered solution resonates. Write down your feelings, solutions that work for you and also reflect back on your past troubles and see if you had any other problems when it comes to letting yourself rest and rejuvenate. Now with a rested mind, what would be your loving solution to them?

Make your own troubleshooting guide for this phase.
(You can use the pages at the end of this PDF if you like.)

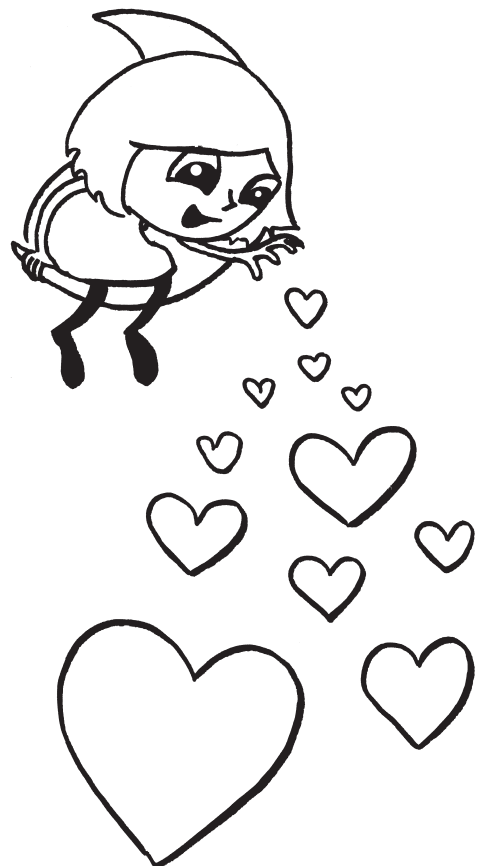
Take a nap, a walk in the forest or a dance break before moving on to the next phase.

PLANT THE SEEDS - What's the Next Step?

Read pages 37-39 and journal/study through the prompts.
What does this phase of the process bring up for you?

Next go through the trouble shooting section on pages 40-45 the same way you did in the previous phase. Ask yourself if you've had trouble with starting new things in the past. How have you been able to go past it before? Or do you start too many things at once?
Add your loving solutions to your own troubleshooting guide for future reference.

Give your body the gift of resting again for the night.



FINISH

SUNDAY

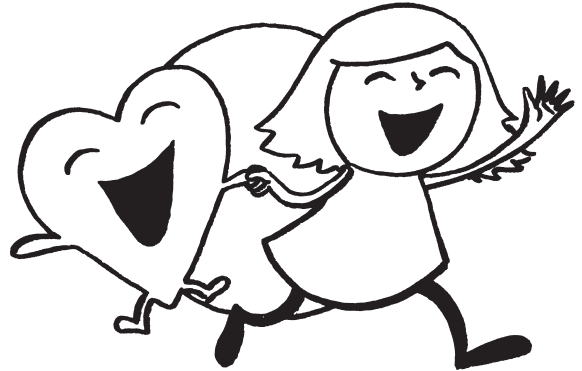
SHOW UP & SHINE - What Do I Need?

Read Read pages 47-49 and journal/study through the prompts. What does this phase mean for you?

Go through the trouble shooting section on pages 50-55 and concentrate on how it feels to fully show up for your dream. Have you had problems with any of the troubles presented in the book or have you had some other?

How have you dealt with them in the past? If you are clueless on how to move past the problems, can you think of anyone who has? Can you ask them how they did it? Showing up for your dream at this phase can also mean making interviews that help you show up for your dream.

Write down your insights into your own troubleshooting guide.



Take a nap, sing out loud, walk in the forest or have a dance break before moving on to the next phase.

HARVEST & CELEBRATE

- How To Finish What I Started?

Read pages 57-59 and journal through the prompts. What does the finishing up bring in mind for you?

Go through the trouble shooting section on pages 60-75 and write down the biggest insights they bring. Also reflect back on what it feels like to finish what you start? Is it hard for you? How would you feel different if it was easy? (You can ask these questions at any of the phases before too and journal out your answers)

Now finish up your own troubleshooting guide and draw your conclusions for each phase too
See how beautiful tool you've created for overcoming obstacles in the future!



AT THE END OF THE JOURNEY

Write down your insights from this weekend to the pages 76-79 in the book to finish the retreat and you'll always have your heart wisdom at hand to look back to!

AND LAST... Celebrate finishing what you started, celebrate learning so much more about yourself as a dreamer and let yourself rest peacefully before showing up for your dream the next day.

Troubleshooting - Resting & Dreaming

I STRUGGLE WITH...

MY LOVING SOLUTION

I'M CHALLENGED BY...

MY LOVING SOLUTION

IT'S HARD FOR ME TO...

MY LOVING SOLUTION

CONCLUSIONS

Troubleshooting - Planting the Seeds

I STRUGGLE WITH...

MY LOVING SOLUTION

I'M CHALLENGED BY...

MY LOVING SOLUTION

IT'S HARD FOR ME TO...

MY LOVING SOLUTION

CONCLUSIONS

Troubleshooting - Showing up & Shining

I STRUGGLE WITH...

MY LOVING SOLUTION

I'M CHALLENGED BY...

MY LOVING SOLUTION

IT'S HARD FOR ME TO...

MY LOVING SOLUTION

CONCLUSIONS

Troubleshooting - Harvesting & Celebrating

I STRUGGLE WITH...

MY LOVING SOLUTION

I'M CHALLENGED BY...

MY LOVING SOLUTION

IT'S HARD FOR ME TO...

MY LOVING SOLUTION

CONCLUSIONS