




REST RETREAT JANUARY 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BEGIN RETREAT WEEK ONE: RESTORE YOUR RHYTHMS 1	2	3	4	5	6
7	WEEK TWO: ESTABLISH YOUR NON-NEGOTIABLES 8	9	10	11	12	13
14	WEEK THREE: SIMPLIFY YOUR SURROUNDINGS 15	16	17	18	19	20
21	WEEK FOUR: TRUST YOUR PATH 22	23	24	25	26	27
28	29	30	RETREAT IS OVER! 31	 GIVE YOURSELF *TWO* REST DAYS A WEEK WHERE YOU WILL NOT ENGAGE IN ANY RETREAT PRACTICES. WRITE A LARGE "R" ON THOSE DAYS - MONDAYS ARE NOT SUGGESTED REST DAYS.		