



*HolyMama
Retreat Leader
Certification
Programme*

©HolyMama Retreat Leader Certification – Claudia Spahr

www.holymama.info



Retreat Leader
Vision Quest

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Retreat Leader Vision Quest

1. I want to celebrate these special moments in my previous working life:

2. I am grateful to the following people who supported me during my working life up until now for the following reasons:

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3. These are the accomplishments I can be proud of:

4. This challenged me most in my career to date (state why):

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5. This is what I learnt from these challenges:

6. This is what I am really good at and would like to bring forward to my new career path:

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7. This is what I really enjoy doing and would like to do more of:

8. This is what I am ready to release and the changes I am willing to make in order to move forward:

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9. These are the feelings I am attracting and the benefits I will gain from releasing and making changes:

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10. This lights me up:

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11. These were some dreams I had as a child:

12. If I weren't afraid I'd:

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13. In 6 months I see myself:

14. In 12 months I see myself:

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15. In 5 years I see myself:

16. By becoming a Retreat Leader I will be able to:

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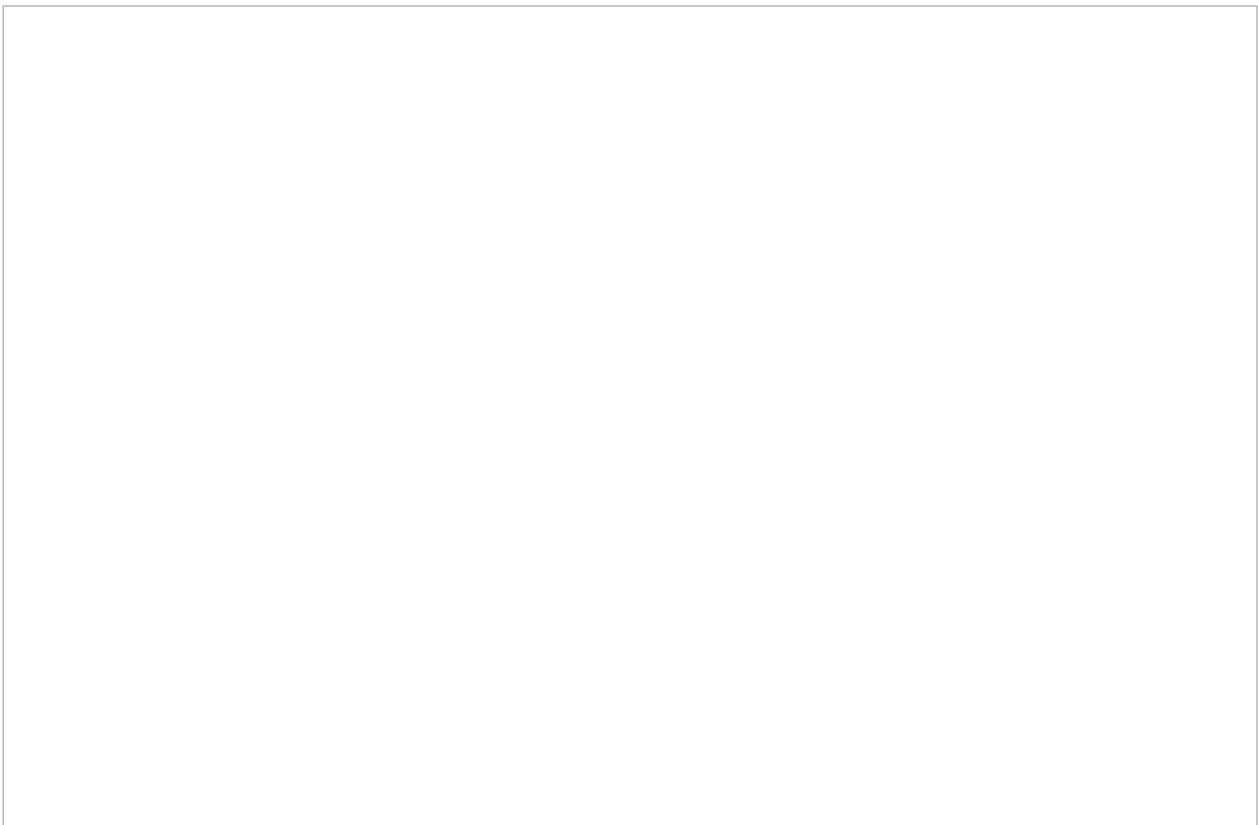
17. What attracts me most about leading retreats is:

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18. This is the last thing holding me back:



19. This is how I will overcome this challenge:



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20. Finish this sentence: "I believe retreats are....."