

My Beach Retreat

How to make the MOST of this time ...

- 1. Clear a block of time.** Schedule several one-hour times with yourself, a weekend, or even more if you can. In order to listen to your heart, to your God, and dig deep into your soul, you must be by yourself for a period of unhurried time.
- 2. Identify your “Happy Place”.** Where do you feel energized and inspired? Where do you feel peace that passes all understanding? Where do you connect to your Creator? Just find a safe place that inspires you and call it your “happy place”.
- 3. What to bring:** Your Toes in the Sand book, your Beach Retreat Guide, a couple of pens, a blank journal or notebook, healthy snacks, lots of water, a glass of wine, your favorite chocolate bar or treat and some relaxing music that inspires you. Intentionally neglect your phone.

This is YOUR TIME. Healthy relationships take time, energy, and focus. If you have neglected yourself and your desires over the past few years of juggling family responsibilities, career, and other tasks then this time with yourself in your “Happy Place” may just be the most important time you spend in your entire lifetime.

Savor this time, and may you be all God created you to be, Lisa

My Toes in the Sand “Beach Retreat”

In this Beach Retreat Guide, you will be asked to think about questions that will plunge you into the real heart and soul of your life. I have included a Scripture or two at the beginning of each section so you can be reminded of God’s love for you and His plans for you. As you journal and think through these questions, some may come easily for you while others are more difficult. I give you the freedom to skip around. Doodle. Draw pictures. Write in incomplete sentences and incorrect grammar. It’s OK. The only thing that matters is you begin to open your mind to the possibilities of your dream life, the life you desire, the life you were meant to live.

Toes in the Sand - Introduction

1 Thessalonians 5:16-18

1. Gratitude exercise: At the beginning of each day, and every time you escape on your Beach Retreat, spend a few minutes in gratitude. What are you thankful for today?

2. Let’s begin with the end in mind...When you are old and grey and you are nearing the end of your life, what will you wish you had spent more time doing, or not doing?

Describe a “life well lived”. What does that look like for you?

Ch.1 “You’re going to be a What??”

Proverbs 3:5-6

Is your life anything as you dreamed it would be as a child?

What plans did you set out to accomplish, but never did?

What do you still think about daily and hope to do “someday”?

Ch.2 “Saddle up your Horses”

Galatians 6:9-10

Sometimes a sudden change of plans can become your next adventure!

Has your life taken a turn that you were not expecting?

Ch.3 “A New Baby and a True Friend”

Hebrews 10:23-25

I read a book many years ago called *Balcony People*. It talked about the people in our lives who lift us up, who encourage us to be all we were created to be, and who affirm our gifts and strengths.

Who are those people in your life? List each name and describe the quality they have which draws you to them. How can you spend more time with these people?

Are there people in your life who drain you, discourage you, and maybe even put down your ideas, your hopes, your dreams? List their names. How you will limit your time with these people?

Ch. 4 “Mom on a Mission”

1 Thessalonians 5:11

What keeps you awake at night? What’s the first thing on your mind in the morning?
What need in your community or world compels you to get involved and make a difference?

“More than anything, before I die, I want to _____?” Say it out loud and fill in the blank. What step can you take today to start accomplishing it?

Ch. 5 “Untying my Boat”

Jeremiah 29:11, Philippians 1:3-6

What do you think about doing or trying, but don’t do because something is holding you back?

What do you LOVE doing? List anything and everything...

What do you feel most fulfilled doing?

What skills do you get compliments on?

What do you enjoy doing so much that you’d do it for free?

When you were younger what did you think about doing as a career as an adult? Is that still something you think about?

Ch. 6 “You Don’t Have to, You Get To”

1 Samuel 16:7, Psalm 139:23-24, Philippians 2:1-4

Are you a people pleaser?

DO you say YES too quickly?

What areas or situations in your life do you feel an obligation to fulfill due to other’s expectations of you?

Ch. 7 “Running on Empty”

Luke 10:38-42, Psalm 42:1-2

What are some warning signs that you are running on empty?

Develop a plan for preventing this?

Ch. 8 “Domestic Engineer to Entrepreneur”

Philippians 3:12-14, Colossians 3:23-24

List some things in your life that bring you happiness and joy? Your answer can involve family, career, a personal accomplishment, or situations where you are “full to overflowing” ...

Ch. 9 “Are You Lisa’s Husband?”

Colossians 3:12-17

Do you struggle to find your own identity rather than someone’s mom, wife, etc?

What are some personal achievements of which you are particularly proud?

Ch. 10 “SUPER Woman”

Jeremiah 29:11, Mark 12:30, Romans 8:31, Psalm 139:14

Seek a Life of Significance, not Success. What does this mean to you?

Unwavering in your TOP 3 Priorities: Who and what are your Top 3 Priorities?

Pause Daily to Pray and renew your Passion and Purpose: How and when can you make this a priority in your day?

Entrepreneurial Gifts and Strengths: What are yours?

Role Model: Who is watching you daily?

Ch. 11 “My Oasis”

John 15:1-17

Describe your ultimate day.

If time and money were plentiful, what would you spend your time and money on?

How would you like to be remembered?

Congratulations! You have carved out hours digging deep into your heart and asking yourself the tough questions of life. My prayer is that you have not only allowed your soul to be filled, but that you have experienced a closeness with God and have gained clarity on His purpose for your life. You may not have all the answers. But do you have the next step? List 3 things that you will take action on today (or very soon!):

- 1.
- 2.
- 3.