

# 2022 RETREAT PROGRAM LEADER GUIDE

*Disney Dreaming: "If you can dream it, you can do it"*

## Leader Set Up

- Put dream quote on pillow in each room – Placed by Kelly
- Agendas will be posted already
- Grab supply set for Welcome, Incredibles dinner and Me Bags
- Walkie Talkie with Margie to arrange for her to come and show leaders how to use the MacBook Air with the sonos speakers. iTunes playlist, icon on desktop for two sessions, choosing the speakers with the airplay icon as seen below, etc.

\*\*\*\*Please let Melanie know if supplies are low or there were any agenda/supply concerns so it can be addressed before the next retreat. 916-947-5115 or [manderson@optionsinsls.com](mailto:manderson@optionsinsls.com)










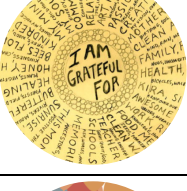




## Supply Prep Plan:

- At first retreat in Sept, Mel prep supplies for all of September
- 9/23 exec team, Amanda can prep supplies for October retreat

## Scenarios to discuss for leaders:

- What if it rains? (Access to garage?)
- Adapting for non-verbal or someone who does not write or visual impairments
- Someone that does not want to participate
- Two clients not getting along
- Missing supplies
- Missing medication
- If campfire not allowed
- Limits on supplies for the three choice sessions (communication is key)

## Explorer Badges

|                                  |   |                                    |   |
|----------------------------------|---|------------------------------------|---|
| <b>Incredibles Dinner</b>        |    | <b>Meditation &amp; Journaling</b> |    |
| <b>Moana Lunch</b>               |    | <b>Dream Catcher</b>               |    |
| <b>Lady and the Tramp Dinner</b> |    | <b>Burning Barriers</b>            |    |
| <b>Mickey and Friends Lunch</b>  |   | <b>Jedi Training</b>               |   |
| <b>Encanto Dinner</b>            |  | <b>Gratitude</b>                   |  |
| <b>Me Bag</b>                    |  | <b>Disney Craft</b>                |  |
| <b>Hidden Mickeys</b>            |  | <b>Vision</b>                      |  |

**Day One**

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| <b>3:15 pm - 4:30 pm</b> | Participant arrival, unpack (dream quote on pillow),<br>Group Picture – group changes into retreat shirt and Kelly or Margie will take picture. Leadership may adjust based on arrival time.  |
| <b>4:30 pm - 4:45 pm</b> | <p><b>Welcome and give lay of the land rules:</b></p> <p><b>Safety</b></p> <ul style="list-style-type: none"> <li>• Bridges</li> <li>• Flashlights</li> <li>• Umbrellas</li> <li>• Bug spray, sun block</li> <li>• Make sure gate to the barn is closed and latched (the lever goes over and slides into two holes in the post and there is a metal latch that falls behind it- please check it to make sure). This also goes for any gate inside the barn area. IF YOU OPEN A GATE, CLOSE IT!</li> <li>• </li> </ul> <p><b>Pool Safety</b></p> <ul style="list-style-type: none"> <li>• Staff must be present, make sure someone knows you are planning to swim</li> <li>• Gate closed</li> <li>• Walk and careful in the area</li> <li>• Use the pool towels provided</li> <li>• No diving</li> </ul> <p><b>If going off property for some reason, inform a leader</b></p> <ul style="list-style-type: none"> <li>• Stay close and inform a leader if you go for a walk</li> <li>• Stay out of the cemetery</li> <li>• Sharing spaces- be considerate</li> <li>• If you see someone needs help, offer to help</li> </ul> <p><b>Care of the Inn</b></p> <ul style="list-style-type: none"> <li>• It's "vintage" so please tread softly</li> <li>• Flexibility when needed to accommodate everyone</li> <li>• Cleaning up and being careful with paint, etc.</li> </ul> <p><b>Where will agenda be posted? Kitchen swinging doors</b></p> <p><b>Meal Prep and Clean Up</b></p> <ul style="list-style-type: none"> <li>• _____ Leader is overseeing meals</li> </ul> |
| <b>4:45 pm - 5:30 pm</b> | <p><b>Meal Prep</b></p> <p><b>**Leader pull out dream permission slips and pens</b></p>   |
| <b>5:30 pm - 7:00 pm</b> | <p><b>"Incredibles" Dinner and Clean Up:</b></p> <ul style="list-style-type: none"> <li>• Set up table and entry décor. (Music in MacBook air in iTunes in labeled "retreats 2022" playlist) (Black gloves and eye masks)</li> </ul>  |



**During dinner leaders cover:**

- **Why a dreams theme?** (5 minutes)
- As children, we were encouraged to dream. What child wasn't asked the question "What do you want to be when you grow up?"
- Dreams are invisible, but powerful. Think for a moment of electricity. You cannot see it, but it keeps everything going. Should you doubt that electricity keeps everything going, turn off the electricity at your house tomorrow. You will find that little if anything can get done and you will want to go to a friend's house or to the mall instead. It's like that with dreams. They are invisible but powerful. You cannot "see" them but they keep everything going.
- What do we mean by dream? Dream= desire of my heart; soul tie; Cinderella said "A dream is a wish your heart makes"


**Permission slip to dream** (10 minutes)

We have had a hard season. A season where many permissions may have been denied. But we see the light at the end of the tunnel. We already know how complicated life is. We have all heard "no" and have been told we can't do this or that. In hearing that "no" and listening and accepting those words, the effect is to close doors and narrow our thinking - we make ourselves poor... in our imagination, our enthusiasm and in leading a meaningful life. Maybe we have turned off the dreamer inside of us.

One of the reasons we chose the Disney theme is because of how well Disney inspires us to dream. Can you think of a Disney movie where a character went after a dream? (The Princess and the Frog, Tangled, Up, Brave, Cinderella, Luca, Winnie the Pooh, Onward, Ratatouille, Cars, Little Mermaid, Moana)

At this retreat, besides having FUN, we want you to dream again. We want to choose hope over fear. And let go of some of what is holding us back and hopefully take a brave step forward. So right here and now let's give ourselves permission to dream. Permission to be present in the moment and let go of negativity. Permission to cast vision.

Here are a few different permission slips. Find the one you want or need and fill it out. And we will officially give you a stamp of approval! (Ceremoniously stamp their permission slip and give it back).

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|   | <p><b>Leader announcement at dinner</b></p> <ul style="list-style-type: none"> <li>• After dinner activity in dining room</li> <li>• What time do we begin tomorrow?</li> <li>• 8:00a-8:30a: Meal Prep</li> <li>• 8:30a-9:15a: Breakfast and clean up</li> <li>• 9:30a-10:15a: Morning session- all together</li> </ul> <p>**Leader put décor away, sanitize anything re-usable</p>   |
| <p><b>7:00 pm - 8:00 pm</b></p>  | <p>Evening activity: Me bags (Dining room)</p> <p><b>Me bag focused on what I like, what I am passionate about, what makes me happy. Please decorate this bag to represent your:</b></p> <ul style="list-style-type: none"> <li>• Likes</li> <li>• Interests</li> <li>• Dreams</li> <li>• Passions</li> <li>• What makes you happy</li> <li>• How you like/want to spend your time</li> </ul> <ul style="list-style-type: none"> <li>• Magazines, words, clip art, drawings, etc.; bags, glue sticks, glue dots, pens/pencils, scissors</li> <li>• Dream themed and other note cards for drop in messages and encouragement throughout retreat</li> <li>• Dreams Explorer Badge given</li> <li>• Set up completed bags on the piano in living room</li> </ul> |
| <p><b>Evening/Early Morning Leader Tasks</b></p>  | <ul style="list-style-type: none"> <li>• Hide Mickey's for scavenger hunt</li> <li>• Grab supply set for Dreams challenge, Hidden Mickey Scavenger Hunt, Guided meditation and journaling, dream catcher, Moana lunch</li> </ul>  |

## Day Two


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| 8:00 am - 8:30 am  | <p>Meal Prep:</p> <p>Leader set out DIY materials in living room (Binder with activity sheets, coloring pages, color pencils, markers and crayons)</p>   |
| 9:30 am - 10:15 am | <p>Morning Session - All Together</p> <p><b>**One leader hides Mickeys for scavenger hunt</b></p> <p><b>Me Bags- Off Activity (Dining Room)</b></p> <ul style="list-style-type: none"> <li>• <i>Me bag focused on what I like, what I am passionate about, what makes me happy. Please decorate this bag to represent your:</i> <ul style="list-style-type: none"> <li>○ Likes</li> <li>○ Interests</li> <li>○ Dreams</li> <li>○ Passions</li> <li>○ What makes you happy</li> <li>○ How you like/want to spend your time</li> </ul> </li> <li>• <i>Magazines, words, clip art, drawings, stickers, bags, glue sticks, glue dots, pens/pencils, scissors</i> <ul style="list-style-type: none"> <li>○ <i>Magazines will be in a box separate from the individual containers as they will be used for this activity and also for the vision boards</i></li> </ul> </li> <li>• <i>Dream themed and other note cards for drop in messages and encouragement throughout retreat</i></li> <li>• <i>Dreams Explorer Badge given</i></li> <li>• <i>Set up completed bags on the piano in living room</i></li> </ul> <p><b>Dreams challenge</b> (5 minutes)</p> <p>Give everyone the dreams challenge worksheet and explain the concept. It's a blank canvas for you to paint the grandest vision of your life and manifest your dreams on paper. Specifically, it's an important reminder that you have the power to make your dreams possible. It's a great way to reflect on things that bring you happiness and joy and make more space for those things in your life. There's something powerful about writing down the goals in your head. A list of dreams connects us with our priorities and passions. It's a way to open ourselves to hope. When your life's dreams and goals remain unspoken, it's all too easy to 'forget' they were ever there. Thoughts can become things. They can add dreams throughout the retreat. There will be an opportunity to declare one dream to go after</p> |

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|  | <p>and apply for a small scholarship to help pursue it on day 3. They hold onto this paper.</p> <p><b>Explain instructions for next session:</b><br/>         Explain 2 choices for morning session and where to meet (2 minutes)<br/>         *** one leader hides Mickey's for adventure if it has not been done yet</p> <p><b>Reminder:</b> Theme for lunch is "Moana" so bring any of your theme items. There will be a few available right before lunch.</p>   |
| <p><b>10:30 am - 11: 15 am</b></p> <div data-bbox="159 709 349 898" data-label="Image"> </div> <div data-bbox="170 1060 360 1249" data-label="Image"> </div> | <p><b>Morning Session: 3 Groups</b></p> <p><b>Adventure: Scavenger Hunt- Hidden Mickeys (Living Room)</b><br/>         10:30a-11:15a</p> <ul style="list-style-type: none"> <li>• Hidden Mickeys with some quotes on the back</li> <li>• Person and their staff together</li> <li>• Scavenger hunt directions</li> <li>• Give Dreams Explorer Badge</li> </ul> <p><b>Creative: Dream Catcher (Dream Catcher or Dreams Potion) (Dining Room).</b><br/>         10:30a-11:15a</p> <p><b>Choice between making a minimalist dream cater or Dreams potion.</b></p> <p><b>Minimalist Dream Catcher Information</b></p> <ul style="list-style-type: none"> <li>• Dream Catcher translates to "holds the destiny of the future" and is Native American.</li> <li>• It is believed that each carefully woven web will catch your bad dreams during the night. The bad spirit dreams will get caught in the web and vanish in the morning sun. The good spirit dreams will find their way to the center and float down the sacred feather onto the "sleeping one". Dream catchers are believed to bless the sleeping ones with pleasant dreams, good luck, and harmony.</li> </ul> <p><b>We have the materials for you to make a minimalist dream catcher. It's an adaptation of the traditional dream catcher.</b><br/>         The circle represents the circle of life. The string is the webbing like in a spider's web to catch the good, the encouragement, the message.</p> |

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|                             | <p><b>Metal ring</b></p> <ul style="list-style-type: none"> <li>• Leather lace cord</li> <li>• Dried flowers</li> <li>• Floral picks and encouragement cards</li> <li>• Beads</li> <li>• Feathers</li> <li>• Scissors</li> </ul> <p><b>Take pictures of people with their completed dream catchers.</b></p> <p><b><u>Dreams Potions information</u></b></p> <p>MIX UP SOME MAGIC with the (Fairy) Dreams Potions craft kit. The dream fairies have left the recipe book, the rest is up to you. 15 ENCHANTING RECIPES have been compiled by dream fairies and are waiting for you to mix with the included bowls, spoon and funnel. Bottled in 5 medium and 4 small potion bottles. Mix up a good luck potion, one to make sweet dreams, another to change a flower's color and more. Add a pinch of glitter for that extra sparkle! And since no dreamer is complete without a magic necklace, this kit includes enough material to make four of them. Store it all in a special cabinet with decorations fit for a dream queen/king. CUTE POTION CABINET can be decorated with the included stickers and offers an attractive way to store their potions, bottles and ingredients.</p> <p>ALL-INCLUSIVE kids craft kit includes potion recipe book, storage cabinet, 9 plastic potion bottles with cork stoppers, 2 bowls, spoon, funnel, stickers, plastic gems &amp; flowers, glitter, necklace thread, and more!</p> <p>Take pictures of people with their completed dream catchers/potions.</p> <p><b>Give Dreams Explorer Badge</b></p> |
| <b>11: 15 pm - 12:00 pm</b> | <b>Meal Prep: Leaders set up for Moana Lunch</b>   |
| <b>12:00 pm - 1:00 pm</b>   | <b>"Moana" Lunch and clean up</b>  |





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|   | <ul style="list-style-type: none"> <li>• (table and entry décor)(music on MacBook air in iTunes in labeled "retreats 2022" playlist) (Leis)</li> <li>• Leader announcement <ul style="list-style-type: none"> <li>○ Afternoon session called Burning barriers meets in the dining room (or living room if more clean up time is needed)</li> </ul> </li> <li>• Dreams Explorer Badge given</li> </ul> <p>***Leader put décor away, sanitize anything reusable</p> <p>***Leader grab supply packs for Burning Barriers, free time, Lady, and the Tramp Dinner</p>  |
| <p><b>1:15 pm - 2:30 pm</b></p>  | <p><b>Afternoon Session - All Together</b></p> <p><b>Burning Barriers</b></p> <p>***Put Barriers slips face down on tables with pens</p> <p><b><i>Burning Barriers discussion (25 minutes) (Dining room or living room if more clean-up is needed)</i></b></p> <ul style="list-style-type: none"> <li>• What is getting in our way or either going after our dreams or achieving them? Here are a few things that sometimes create a roadblock or barrier for us.</li> </ul> <p>(You will likely need to paraphrase this and adapt vocabulary)</p> <p><b>It's taking too long</b></p> <p>When you are actively chasing your dream and thinking about it regularly, it's like the watched pot that never boils. Our culture craves immediate gratification. However, a vision takes time. You know in your heart that the long-awaited goal is coming, but it usually takes much longer than you expect.</p> <p><b>Fear of Failure</b></p> <p>Fear is a protection mechanism with the purpose of keeping you safe and out of danger. The problem with this approach is that fear identifies the most catastrophic outcome even when you're going after your dreams and tries to stop you. Failing is part of pursuing your dream. But it can stunt your excitement for a bit. When you lose your excitement, your forward movement slows down.</p> <p><b>It's difficult</b></p> <p>It's impossible to expect all the difficulties involved in achieving your dream. These setbacks can make you question your ability to succeed. Maybe we are wounded because a dream we had did not come true.</p> |

We don't want to be hurt again so we have turned off the dreamer inside of us.

### **Change/Risk is required**

To successfully achieve your dream, you will need to be open to change. Your course or direction will be modified, and new ideas will require implementation to make that dream come true. We're conditioned from childhood to avoid unpleasant feelings. Nothing stirs those feelings more than taking risks, which is necessary to go after your dreams. It's no wonder change can feel so hard.

### **WHY are you doing this?**

It is easy to forget why you're doing something when difficulties arise. Maybe your history, background, upbringing, personal culture has not included dreaming, so you must consciously think about your why. It is not selfish or frivolous to dream.

### **THINKING YOU ARE NOT GOOD ENOUGH**

It's easy to fall into the trap of self-doubt, especially when you see others around you making their dreams a reality. By comparing where you are in your life with others, you are holding yourself back and ultimately distracting yourself from focusing on working toward your dreams, at your own pace.

### **Perfectionism**

Do you need to have it all figured out and know the outcome before you take action? Perfection is an unattainable standard. It is therefore something you need to let go of. Have you been too pragmatic to dream?

### **WORRYING ABOUT WHAT OTHERS MAY THINK OF YOU**

The need for approval and avoidance of rejection has been ingrained in us since childhood. However, tying your worth to what other people think sets you up for disappointment by forgoing what matters most to you and doing things you believe will make them happy. You cannot tie your worth to other people's standards and expectations. As hard as it may be to stop worrying about what others may think of you, it is an important part of working towards reaching your goals. Remember, your goals are about what you want for yourself.

*We are going to take a few minutes and privately record the barriers we have been experiencing to making our dreams a reality. You do not have to share these with anyone. When you are done, you can seal them into an envelope and put your name on the outside. Tonight, you will have an*

*opportunity to burn these barriers (literally) to signify your willingness to let them go. If you don't want to go to campfire tonight, but still want your barriers burned, we can make sure it gets done.*

**Gifts of hand, head, heart discussion (5 minutes)**

- Sometimes we get in our own way to going after our dreams because we lack confidence or self-assuredness. We wanted to remind you of some of your gifts, strengths, and great qualities. Hand out envelope with the completed gifts worksheet. Give each person time to look over. Ask how it makes them feel? Remind them that they have the foundation needed to attack their dreams.

**Dreams Bingo (50 minutes)**

- Give each person a bingo sheet, pen and dot marker. You will draw a bingo square and read the corresponding question. Each person will write the answer to the question quickly and then highlight the square. When someone has 5 squares highlighted in a line horizontally, vertically, or diagonally, they may call Bingo and receive a prize. Keep going until all squares have been read.
- Heroes- someone you think of as a hero
- Making a difference- something you could do to make a difference
- Childhood dream- something you dreamed of as a child
- If money were no issue- what would you do?
- A Risk- What is a risk you have thought about taking?
- Something new- you might like to try?
- Fortune Teller- What would you ask?
- Passion- Something you are passionate about
- Something important to you

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|                          | <ul style="list-style-type: none"> <li>• Lose track of time- What makes you lose track of time?</li> <li>• Travel anywhere- Where do you want to travel?</li> <li>• Perfect day- would include what?</li> <li>• Something fun</li> <li>• If you were not afraid- What would you do if you were not afraid?</li> <li>• Something to learn- Something you want to learn</li> <li>• Random act of kindness- that you might like to perform</li> <li>• Mantra- quote, word, or mantra you like</li> <li>• Person- you miss or enjoy</li> <li>• Self-care- something you could do for self-care</li> <li>• Magical- something you think is magical</li> <li>• Better health- What would improve your health?</li> <li>• Positive affirmation- to/about yourself</li> <li>• Grateful for- something you are grateful for</li> <li>• Let go- something you think you should let go of</li> <li>• Curious- something you are curious about</li> </ul> <p><b>Dreams Explorer Badge given</b></p> <p><b>Announcements:</b></p> <ul style="list-style-type: none"> <li>• Announce free time choices: Pool, DIY table, rest, volleyball, corn hole, board games</li> <li>• Theme for dinner is "Lady and the Tramp" so bring any items you brought. A few things will be available just before dinner.</li> <li>• Don't forget to leave messages in me bags</li> </ul> |
| <b>2:30 pm - 5:30 pm</b> | <b>Free Time:</b> Pool, DIY table, rest, volleyball, corn hole, board games<br>**Leaders Set up for dinner   |
| <b>4:45 pm - 5:30 pm</b> | <b>Meal Prep</b>   |
| <b>5:30 pm - 6:30 pm</b> | <b>"Lady and the Tramp" Dinner and clean up</b>  |



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|                          | <ul style="list-style-type: none"> <li>• (table and entry décor)(music on MacBook Air in iTunes labeled "retreats 2022" playlist ) Dog ears, tattoos (sanitize dog ears after)</li> </ul> <p><b>Leader Announcement</b></p> <ul style="list-style-type: none"> <li>• Evening activity choices:</li> <li>• 7:00p-8:00p Evening activity: Campfire (Burning Barriers) or Disney Dance Party (Bar)</li> </ul> <p><b>What time do we begin tomorrow:</b></p> <ul style="list-style-type: none"> <li>• 8:00a-8:30a Meal Prep</li> <li>• 8:30a-9:15a Breakfast and clean up</li> <li>• 9:30a-10:15a Morning session- all together</li> </ul> <p>***Leader put décor away, sanitize anything reusable (dog ears, etc.)</p> <p>***Leaders set up for Campfire and Disney Dance Party</p>  |
| <b>7:00 pm - 8:00 pm</b> | <p><b>Evening Activity:</b></p> <p><b>Campfire (Burning Barriers) or Disney Dance Party (Bar)</b></p> <ul style="list-style-type: none"> <li>• <b>Campfire:</b> song books, building the fire</li> <li>• <b>Disney Dance Party:</b> music on MacBook air</li> </ul> <p><b>Campfire:</b> song books are available in the campfire supply kit if desired. Leaders can build the fire. There is wood at the pit, and there will likely be a starter box in a crate that has what you need. There should be a BBQ lighter either in a crate or near the pit area to use to start the fire. If not, there is usually one in the kitchen above the stove but make sure it gets returned afterward. For obvious reasons, keep the fire small. If you have any questions/needs, reach out to Andy for assistance. Have people bring their envelopes from the Burning Barriers session and they can drop them in the fire to burn.</p> <p><b>Disney Dance Party:</b> (music on macbook air in itunes in labeled "retreats 2022") Meet in the Bar to get your groove on</p> |

## Day Three

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| <b>8:00 am -8:30 am</b> | <b>Meal Prep</b> |
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|                            | <p>***Leaders grab supply packs for Jedi training, Gratitude project and Disney Ears</p>  |
| <b>8:30 am - 9:15 am</b>   | <p><b>Breakfast and clean up</b></p> <p><b>Leader announcement:</b></p> <ul style="list-style-type: none"> <li>• 9:30a-10:15a Meet in dining room for Morning Session</li> <li>• 10:30a-11:15a Morning session:</li> <li>• Adventure: Jedi Training (Campfire)</li> <li>• Creative: Disney Ears (Dining Room)</li> </ul>  |
| <b>9:30 am - 10: 15 am</b> | <p><b>Morning session: What's my word? (Dining room)</b></p> <p>**leader set up for Jedi Training</p> <p><b>Set up:</b></p> <ul style="list-style-type: none"> <li>• Blow up Star Wars balloons and put in a clean garbage bag, set out light sabers in basket</li> <li>• Set up corn hole boards and place death star poster boards on top</li> <li>• Put out masks and set up nerf guns</li> <li>• Set up ladder ball game</li> </ul> <p><b>What's my word?</b></p> <p>9:30a-10:15a</p> <p><b>Word of intention:</b> a daily reminder representing a quality or principle that guides you toward how you want to live or how you hope to feel as your best self. Finding your WORD is a simple, fun, and empowering exercise. In a world inundated with distractions, it's powerful to have a daily reminder of what you want to actively focus on, or manifest, every day.</p> <p><b>Hand out the words worksheet.</b></p> <p><b>Ask yourself what do you need in your life right now?</b></p> <ul style="list-style-type: none"> <li>• Think about traits or qualities that are important to you.</li> <li>• Think of a goal or dream you have. What's holding you back from achieving it? What WORD, as a daily reminder, would help you achieve what you seek from life or what you are dreaming of?</li> <li>• For example, if you want to start your own business but have some doubts you'd like to overcome, you could choose a word such as BELIEVE, COURAGE, or IGNITE. If you're feeling overwhelmed, you may choose a reminder like BREATHE, STRENGTH, or FAITH.</li> </ul> |

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|   | <p>You can think back to the DREAM bingo and some of the answers you recorded there. You can think back to the barriers session and maybe find a word to help you combat or overcome a barrier you identified.</p> <p>You can look through some of the words provided and see if you gravitate toward any of them. You may have come up with a few words, and that's ok, but what is the one WORD that is the most important, the priority, to begin working on today?</p> <p><b>Declare out loud "My WORD is _____!"</b> Write it on the sheet provided along with your preferences so we can help you make you a reminder token. There are supplies to make a bracelet with your word on it. Some may not get finished during the session, but we will make sure you get it before you leave the retreat.</p> <p><b>Silicone bracelets and sharpies</b><br/>Pre-made bracelets, alphabet beads, charms, jewelry findings (pliers, jump rings, crimp beads, cord, etc.</p> <p><b>Alphabet beads bracelet</b><br/>Alphabet beads spell out your word. Either string them on the card and crimp the end with a clasp set or attach a metal clip/jump ring to attach to premade bracelet</p> <p>There are also a limited number of word charms that can be attached to a pre-made bracelet</p> <p><b>Reminder:</b> Theme for lunch is "Mickey and Friends" so bring any of your theme items. There will be a few available right before dinner.</p> |
| <p><b>10:30 am - 11:15 am</b></p>  | <p><b>Morning Session</b><br/><b>Adventure: Jedi Training (Campfire)</b><br/>10:30a-11:15a</p> <p><b>Set up obstacle course track.</b> Each person who wants to complete Jedi Training has the option of wearing the Jedi Academy Uniform. Try to get pictures during the training academy.</p> <ul style="list-style-type: none"> <li>• <b>Light Saber training:</b> Jedi's in training will use their light sabers to try to keep some special Force orbs (balloons) in the air. Give each participant a light saber (pool noodle) and orb (balloon) and</li> </ul>   |

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|  | <p>challenge them to keep the orb in the air for at least 1 minute (or longer depending on skill level). You can partner people up and have one practice while the partner collects stray orbs and then switch places.</p> <ul style="list-style-type: none"> <li>• <b>Bomb the death star :</b> Corn hole boards will be transformed with death star hole decals. Have participants line up at the opposite end of the two boards and have them attempt to successfully bomb the death star by making it in the hole.</li> <li>• <b>Blast Darth Vader and the Storm Trooper:</b> Darth Vader and Storm Trooper masks are attached to a board and participants fire at them with nerf guns.</li> <li>• <b>Toss the meteors:</b> Position participants opposite a ladder ball game and say they need to “toss the meteors”.</li> </ul> <p><b>Dreams Explorer Badge given</b><br/> ***Leader put supplies away, sanitize anything reusable</p> <p><b>Creative: Disney Ears (Dining Room)</b><br/> 10:30a-11:15a<br/> Each person is given a plain black Mickey Ear headband. They can use supplies provided to personalize their Disney Ears. Take a picture of each person wearing their ears when completed.</p> <p><b>Supplies:</b> Ear headband, material, bows, ribbon, bows, duct tape, foam, accessories, hot glue gun and glue sticks, no stitch glue</p> <p><b>Dreams Explorer Badge given</b></p> |
| <b>11:15 am - 12:00 pm</b>  | <p><b>Meal Prep</b><br/> ***Leaders set up for Mickey and friends’ lunch, grab supply pack for Vision Board,</p>  |
| <b>12:00 pm - 1:00 pm</b>   | <p><b>“Mickey and Friends” Lunch and clean up</b><br/> (table and entry décor)(music)</p> <p><b>Leader Announcement</b></p> <ul style="list-style-type: none"> <li>• Dreams Explorer Badge given</li> </ul>   |





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|   | <ul style="list-style-type: none"> <li>• Afternoon session is Vision Board and we meet in the dining room</li> <li>• ***Leader put décor away, sanitize anything reusable</li> <li>• Don't forget to leave messages in me bags</li> </ul>   |
| <p><b>1:15 pm - 2:30 pm</b></p>  | <p><b>Afternoon Session: Vision Board</b></p> <p><b>Vision Board</b></p> <p><b>Remind everyone about their Dreams list-</b> have you added any dreams to the worksheet? You can keep those in mind as we work on developing a vision board.</p> <p>A vision board is a visual representation of your dreams, your desires, and your goals. When you think about what you're putting on your vision board, you're not putting on your vision board what you want to GET. Instead, you're putting down on your vision board what you want to CREATE.</p> <p><b>THE DREAM LIST WON'T WORK IF YOU DON'T.</b></p> <p>A vision board is a collage that uses the law of attraction to draw more of what you want into your life. Even if you don't believe in the law of attraction, making a vision board helps to define goals in a fun and creative way. Vision boards can focus on something specific like career, love life, or the upcoming year. Or, you can make a board that encompasses your general life intentions. Here are some questions to get you thinking about what you might want on your vision board...</p> <ul style="list-style-type: none"> <li>• What goals are you working toward in your life?</li> <li>• When you imagine reaching your goals, what does your life look like?</li> <li>• What images, words, and phrases represent your life when you've achieved your goal?</li> <li>• What will it take to reach your goal?</li> <li>• How will the process of reaching your goal change you?</li> <li>• What is one habit I'd like to start?</li> <li>• What are three things I could do to improve my physical health?</li> <li>• The words I'd like to live by are...</li> <li>• What is one thing I've always really wanted to do?</li> <li>• What could I do to start (and end) my days better?</li> </ul> |

- What is one goal I'd like to achieve and what it will mean if I achieve it?
- You can also look back at DREAM bingo and some of your responses for inspiration.

**Your vision board expresses your WHY-** why is your goal important to you, why are you making a change in your life? On difficult days it's important to remember your why. When you are feeling uninspired or unmotivated, remember your why. Just look at your vision board and you'll remember why.

To make a vision board that will help you achieve your aims, first cut pictures and phrases out of magazines that represent your desires. You can also use printed images or include your own photos in the collage. Choose pictures/images/words that trigger the right emotion, so you send your subconscious the right triggers. Next glue the images and words onto a piece of poster board and place it somewhere you can see it on a regular basis. Then sit back and wait for the magic to happen!

I suggest laying out a general design for your board before you start gluing. You might also want to put a strong image of your central intention in the middle of your board. There is an example board if you want some inspiration and some worksheets to help you as well.


**Vision board potential focus areas:** Relationships & family, Health and your look, Finances & Money, Career & Business, Personal projects

**You can use the MacBook air** to play background music, iTunes and navigate to "radio" and find a playlist.

**Supplies needed:** Magazines, stickers, pens, crayons, embellishments, pre-printed words, glue sticks, glue dots, scissors, poster board

**Dreams don't come true on their own.** What will you do with this vision board?

**Dreams Explorer Badge given**

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|   | <p><b>Explain Free time choices:</b> Disney photo booth, Pool, DIY table, rest, volleyball, corn hole, board games, Crafts (tissue paper flowers)</p> <p><b>Theme for dinner is “Encanto” so bring any of your theme items.</b><br/>There will be a few available right before dinner.</p> <p><b>***Leader set out photo booth props</b></p>   |
| <b>2:30 pm - 5:30 pm</b>  | <p><b>Free Time</b><br/>Disney photo booth, Pool, DIY table, rest, volleyball, corn hole, board games, Crafts (tissue paper flowers), I am grateful worksheet</p>  |
| <b>4:45 pm - 5:30 pm</b>  | <p><b>Meal Prep</b><br/>***Leaders set up for Encanto Dinner<br/>***Leaders grab Compass Scholarship application<br/>***Leaders set up for Campfire and Disney movie</p>   |
| <b>5:30 pm - 6:30 pm</b>  | <p><b>“Encanto” Dinner and clean up</b><br/>(table and entry décor)(Mirabel glasses)(music)(tattoos)(music on MacBook air in iTunes in labeled “retreats 2022” playlist) (tattoos)</p> <p><b>Leader Announcement</b></p> <ul style="list-style-type: none"> <li>• Evening activities:</li> <li>• 6:45p-7:15p Dreams declaration and entry into Compass scholarship pool (Dining room)</li> <li>• 7:15p-8:30p Evening activity: Campfire or Disney movie playing in Bar area</li> <li>• What time do we begin tomorrow:</li> <li>• 8:00a-8:30a Meal Prep</li> <li>• 8:30a-9:15a Breakfast and clean up</li> <li>• 9:15a-10:00a Packing and clean up</li> <li>• 10:00a-10:45a Closing ceremonies</li> <li>• 10:45a-11:30a “Frozen” Grab lunch to-go</li> <li>• 11:30-12:00p. Departure</li> </ul> <p><b>Dreams Explorer Badge given</b><br/>***Leader put décor away, sanitize anything reusable (glasses, etc.)</p> |
| <b>6:45 pm - 7:15 pm</b>  | <p><b>Dreams declaration and entry into Compass scholarship pool (Dining room)</b></p>   |

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|                          | Invite people to choose one dream they wrote on their dreams worksheet to declare as their dream to go after and pursue. When we say it out loud, we commit, and we allow those around us to potentially encourage and support us to follow that dream. Then explain about the Compass scholarship opportunity and invite them to apply. |
| <b>7:15 pm - 8:30 pm</b> | <b>Evening Activity:</b> Campfire or Disney movie playing in Bar area <ul style="list-style-type: none"> <li>For Disney movie, you can use the TV in the bar area. There is a selection of movies and a DVD player and there is a remote too.</li> </ul>   |

## Day Four - Departure Day

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| <b>8:00 am - 8:30 am</b>   | <b>Meal Prep</b><br>***Leaders grab supply packs for closing ceremony and Frozen lunch   |
| <b>8:30 am - 9:15 am</b>   | <b>Breakfast and clean up</b><br>Leader announcement: <ul style="list-style-type: none"> <li>9:15-10a is packing and clean up.</li> <li>Clean Up includes:</li> <li>Leave linens on the bed</li> <li>Trash must be brought to the kitchen area.</li> </ul>   |
| <b>9:15 am - 10:00 am</b>  | <b>Packing and Clean Up</b>  |
| <b>10:00 am - 10:45 am</b> | <b>Closing Ceremonies (Dining Room or Outside)</b><br>Ask each person to declare a dream and when they do, they can fill out a scholarship entry form. Then present their certificate, Bravo Bucks and let the choose an authentic Disney pin. After the ceremony, if they want to trade their pin they can. Don't put all the pins out, grab a small selection for trades.<br><br><b>To close...</b><br>Dream it, do it... don't forget the warm fuzzies of the retreat. Be a dream catcher, not a dream chaser. Walt Disney said, "All our dreams can come true, if we have the courage to pursue them." |
| <b>10:45 am - 11:30 am</b> | <b>"Frozen" Grab lunch to go</b>   |
| <b>11:30 am - 12:00 pm</b> | <b>Departure</b>   |

