



# Dream WIDE Awake!

*From daydreaming to dream doing ... A retreat for living your ultimate life!*

## RETREAT SCHEDULE – PRELIMINARY

**REGISTER TODAY!**

### WEDNESDAY ARRIVAL:

Check In: 3 p.m.	
Welcome/Getting Settled into Rooms	3 p.m. – 5:30 p.m.
Happy Living Hour	5:00 – 7:00 p.m.
Dinner	7:00 p.m.
Connections & Connectedness	8:00 p.m. – 9:00 p.m.

### THURSDAY ITINERARY:

	<b>7:00 a.m. – 9 p.m.</b>
Morning Meditation (Gratitude)	7:00 a.m. – 7:15 a.m.
Breakfast	7:30 – 8:15 a.m.
Values Mind Mapping/Part I Two breaks of 10 minutes	8:30 a.m. – 12:30 p.m.
Lunch	12:30 p.m.
FUN on the Lake	1:30 p.m. – 4:30 p.m.
Happy Living Hour	5:00 – 7:00 p.m.
Dinner	7:30 p.m.
Firepit Chat (Wishful Thinking)	9:00 – 10:00 p.m.

### FRIDAY ITINERARY:

	<b>7:00 a.m. – 10 p.m.</b>
Morning Meditation (Unlimited)	7:00 a.m. – 7:15 a.m.
Breakfast	7:30 – 8:15 a.m.
Values Mind Mapping/Part II Two breaks of 10 minutes	8:30 a.m. – 12:30 p.m.
Lunch	12:30 p.m.
FUN on the Lake or Hiking (Choice)	1:30 p.m. – 4:30 p.m.

### All-Inclusive Food, Inspiration & Fun!

Featuring Organic  
Dry Farm Wines

Beer, water and  
non-alcoholic beverages  
also available.

**Wednesday Arrival 3-6 p.m**  
Meats/Cheese Tray  
Guacamole/Salsa/Chips  
Nuts & Fruits

**Wednesday Dinner: 7 p.m.**  
Wild Caught Salmon  
Grilled Asparagus  
Roasted Sweet Potato

**Thursday Breakfast: 7:30 a.m.**  
Eggs, Bacon & Toast  
Bagels (Gluten Free)  
Cream Cheese, Elderberry  
Jam, and Lox  
Coffee, Tea, Juice

**Thursday Lunch: 12:30 p.m.**  
Chicken Caesar Salad

**Thursday Dinner: 7 p.m.**  
Steak (Choose your cut)  
Grilled Artichokes  
Baked Potato & Fixings

NOTE: Vegetarian and Gluten-free options available for all retreat guests. Inquire at registration for additional options.

## FRIDAY ITINERARY: (continued)

Happy Living Hour	5:00 – 7:00 p.m.
Dinner	7:30 p.m.
Firepit Chat (Fearful Thinking)	9:00 – 10:00 p.m.

## SATURDAY ITINERARY: 7:00 a.m. – 10 p.m.

Morning Meditation (Openness)	7:00 a.m. – 7:15 a.m.
Breakfast	7:30 – 8:15 a.m.
StrengthFinders/Purpose Statement Two breaks of 10 minutes	8:30 a.m. – 12:30 p.m.
Lunch	12:30 p.m.
FUN on the Lake/Hiking	1:30 p.m. – 4:30 p.m.
30-minute One-on-One's with Sherre'	1:30 – 4:30 p.m.
Happy Living Hour	5:00 – 7:00 p.m.
Dinner	7:30 p.m.
Firepit Chat (Aha's & Mind Shifts)	9:00 – 10:00 p.m.

## SUNDAY ITINERARY: 7:00 a.m. – 12 p.m.

Morning Meditation (Can Do!)	7:00 a.m. – 7:15 a.m.
Breakfast	7:30 – 8:15 a.m.
Purpose Statement Sharing	8:30 – 9:30 a.m.
Inspired Action – Facilitated Brainstorming	9:30 – 11 a.m.
Check-out	Noon

You'll arrive wondering how,  
and you will leave knowing why!

**DREAM WIDE AWAKE! REGISTER  
BEFORE ALL SLOTS ARE TAKEN!**

## All-Inclusive Food, Inspiration & Fun!

Featuring Organic  
Dry Farm Wines

Beer, water and  
non-alcoholic beverages  
also available.

### Friday Breakfast: 7:30 a.m.

Pancakes  
Breakfast Sausage  
Eggs to Order  
Bagels & Cream Cheese  
Coffee, Tea, Juice

### Friday Lunch: 12:30 p.m.

Sweet Potato Cakes  
Bean Salad

### Friday Dinner: 7 p.m.

Taco Night

### Saturday Breakfast: 7:30 a.m.

Avocado Toast  
Poached Eggs  
Fruit, Bagels & Cream Cheese  
Coffee, Tea, Juice

### Saturday Lunch: 12:30 p.m.

Salmon & Spinach Salad

### Saturday Dinner: 7 p.m.

Porkchop Dinner  
Sauteed Brussel Sprouts  
Arugula Salad

### Sunday Breakfast: 7:30 a.m.

Mini Quiches & Fruit  
Coffee, Tea, Juice

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