

# END THE MONTH

THE INSPIRED ACTION MODE

END OF THE MONTH REVIEW N RENEW



BY KATHERINE CAREY

CUPPA - MINI

# RETREAT

Gift Yourself A Pause.

xo

Kat

# WATCH YOUR WELCOME TUTORIAL VIDEO HERE

*Pour a cuppa and join me... I'll walk  
you through the whole retreat. xo*

# Welcome, You!

Before we just barrel on through to a new month, I wanted to encourage you to take a little pause (*like an hour or two*) and honor the energy you have given to yourself last month.

Consider this a wonderful check-in with your Highest Self.

Inside you'll find:

- . Your End Of The Month Review
- . Journaling space to dive even deeper
- . Quick Prep Page to show up for yourself and feed your soul
- . Intentions Space for the new month coming

# LET'S DO THIS!

# PREP:

Even an hour-long retreat will highly benefit from a little pre-design.

It's really all about creating a sacred container for you to open up to your best versions of yourself and your business.

Watch the magic work.



## CREATE THE ZONE:

Think about the setting you want to be in to do this work. Is this outside? What will you need to be comfortable? What about a cozy nook in your house? Can you have privacy there? Is there a way to make that happen?

Make the time more sacred and special through scent and ambience.

Candles    Incense    Pillows    Music

*I personally like to have a set of special Retreat Supplies that I can pull out and use whenever I am settling into a retreat zone. It makes the experience instantly special.*

## #1 THING: PREP YOUR WORLD

Make sure your loved ones know that you are going on retreat. Yes, even for an hour long retreat. If you planning a longer retreat then consider prepping the meals they need if necessary, let them know your intention, and how long your retreat will last,

# HEAD'S UP:

Who Do You Need To Tell:

Done ✓

☐☐

*Please Do Not Disturb sign on door*

☐

*Turn off phone*

☐



## PREP YOUR APPAREL.

You'll want comfy yet stylish apparel for this. Relaxed fit for apparent reasons, polished because this is the best way to keep you focused and show up for your business. Think scarves, beautiful tops you can layer over yoga pants.

Or... do what I love to do and dress up completely! Your favorite outfit is going to have you feeling like a zillion bucks! What better way to feel when having a little self check-in.



Show Up For Yourself!

# WARDROBE


Whether you take a Cuppa Retreat or a couple days for your retreat... plan on how you'll show up

## PLAN YOUR NUTRITION.

I cannot highly recommend enough the brilliance of having your meals prepped AHEAD of time: meals, snacks, treats, etc.

Everything ready so that your focus can stay ON your retreat even if this is just salad prep so you can quickly put together an excellent meal in minutes.

Even if you only retreat for an hour, planning ahead means you can come out of your retreat and not jump directly into food prep. This extends the bliss factor and who doesn't want that?



Feed Your Soul

# NUTRITION

MENU PLAN





# LET'S BEGIN

Pour a cuppa, light that candle, settle in with yourself, close your eyes, take a few deep centered breathes, let your heart speak and remind yourself, this is a total non-judgement zone. You are simply doing a reflection and review.

By the end of your cuppa you will be done. It's the perfect way to begin.

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# SOCIAL MEDIA

TRACK WHERE YOU ARE CURRENTLY

CURRENT DATE:

PLATFORMS

TOTAL USERS

ENGAGEMENT



FACEBOOK

\_\_\_\_\_

Non Low Med High



INSTAGRAM

\_\_\_\_\_

Non Low Med High



YOUTUBE

\_\_\_\_\_

Non Low Med High



LINKEDIN

\_\_\_\_\_

Non Low Med High

NOTE: The importance of filling this out is so that at the end of each month you can track your progress. If you do not use a social media channel here DO NOT feel you must. Not at all. Fill in what is viable for you and your vision.

# NUMBERS

Time to lay it out! While we tap into this subject in the retreats, it's about having the numbers right here for viewing. It's all about watching these numbers go up! After you do this exercise, pour a cuppa something lovely. You deserve it.

p.s. Absolutely NO JUDGEMENT here on this page. This is simply a "check-in" with yourself and your business.

WHAT'S COME IN THIS PAST MONTH

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WHAT WAS SPENT: ADD ALL THE EXPENSES OF THE PAST MONTH JUST PUT IN ONE ROUNDED UP NUMBER;

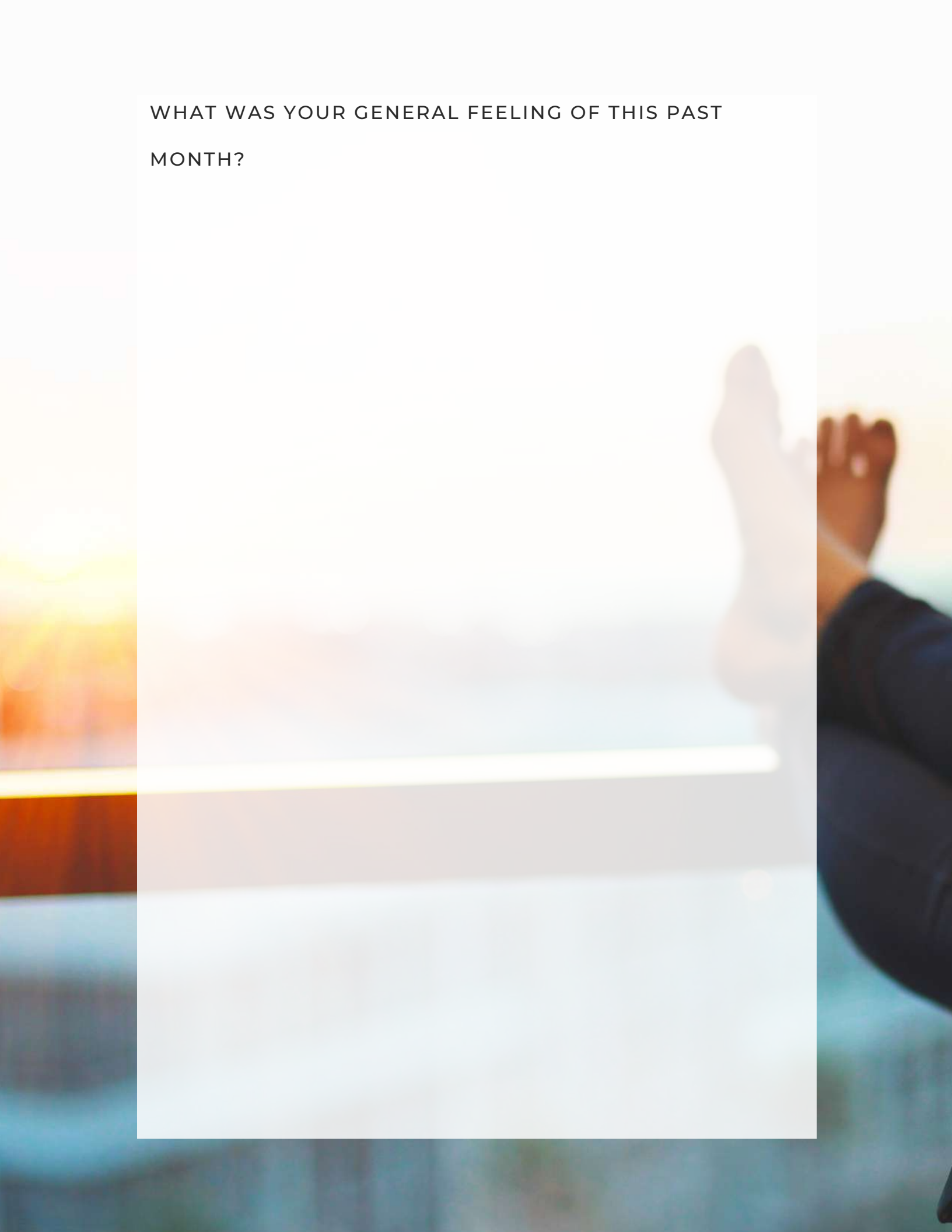
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TAKE A MOMENT TO WRITE OUT HOW YOU WANT TO SEE THESE NUMBERS TRANSFORM. WHAT DOES IT FEEL LIKE?





WHAT WAS YOUR GENERAL FEELING OF THIS PAST MONTH?



WHAT WERE YOUR WINS? (I AM CERTAIN YOU HAD SOME  
SO IF YOU NEED TO, CLOSE YOUR EYES, AND JUST DIVE  
DEEP).

DID YOU GET ANY COMPLIMENTARY FEEDBACK?



ANY NEW LEADS OR CLIENTS? HOW ABOUT ANY NEW  
INTEREST? MAYBE SOMEONE NEW SIGNED ONTO YOUR  
LIST? SOMEONE NEW STARTED FOLLOWING YOU ONLINE?

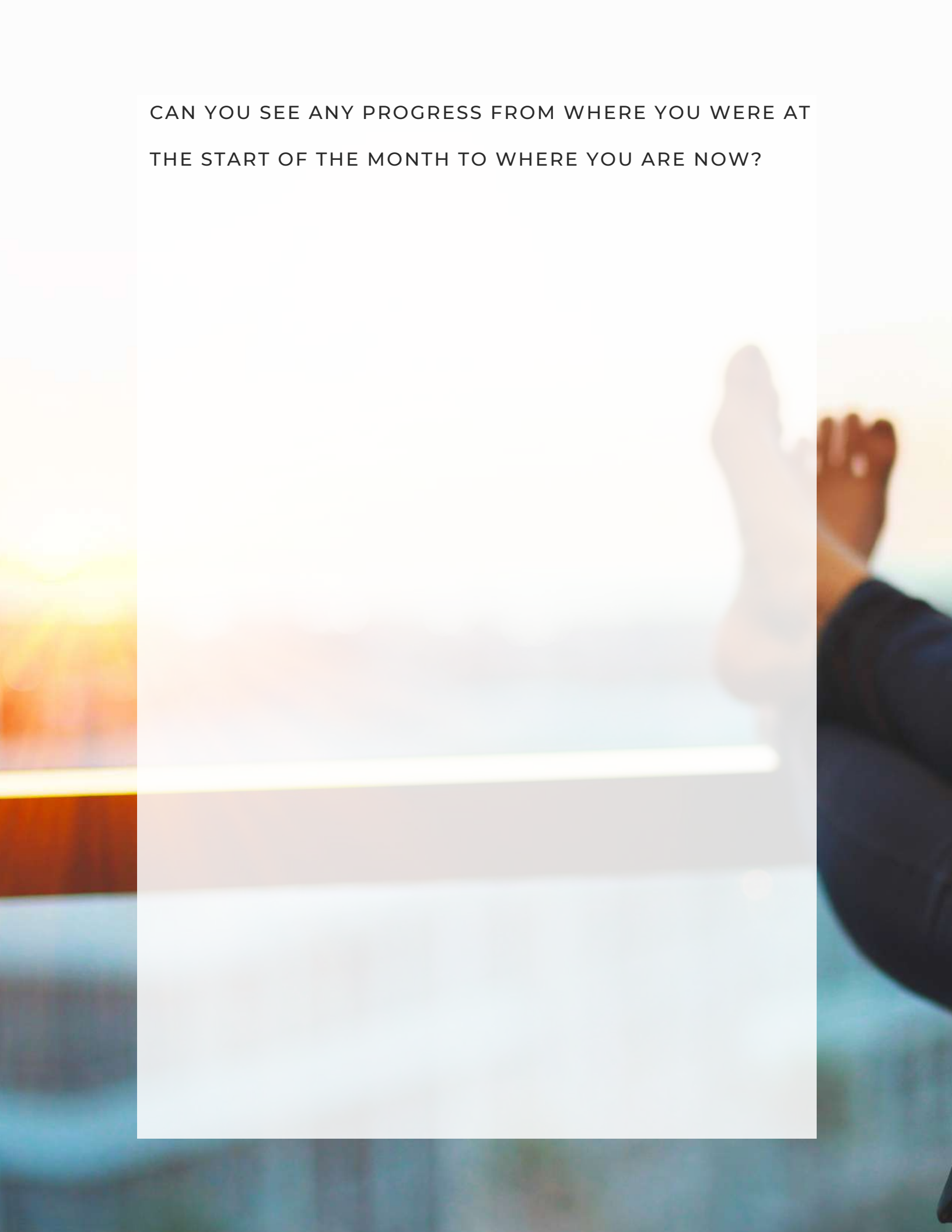
DID YOU HAVE ANY HURDLES OR PARTICULAR  
CHALLENGES THIS PAST MONTH?



HOW DID YOU RESPOND? AND HOW DID THAT FEEL?



CAN YOU SEE ANY PROGRESS FROM WHERE YOU WERE AT  
THE START OF THE MONTH TO WHERE YOU ARE NOW?





CAN YOU LIST THE STEPS YOU TOOK THIS PAST MONTH?

CAN YOU WITNESS AND ACKNOWLEDGE THESE STEPS?

IF YOU FELT A LITTLE LACKLUSTER, DO YOU KNOW WHY?  
WAS IT PERSONAL OR SOMETHING HAPPENING AROUND  
YOU? HOW DID YOU RESPOND? (REMEMBER, THIS IS A  
NO-JUDGMENT ZONE... JUST CHECKING IN ON YOURSELF.)



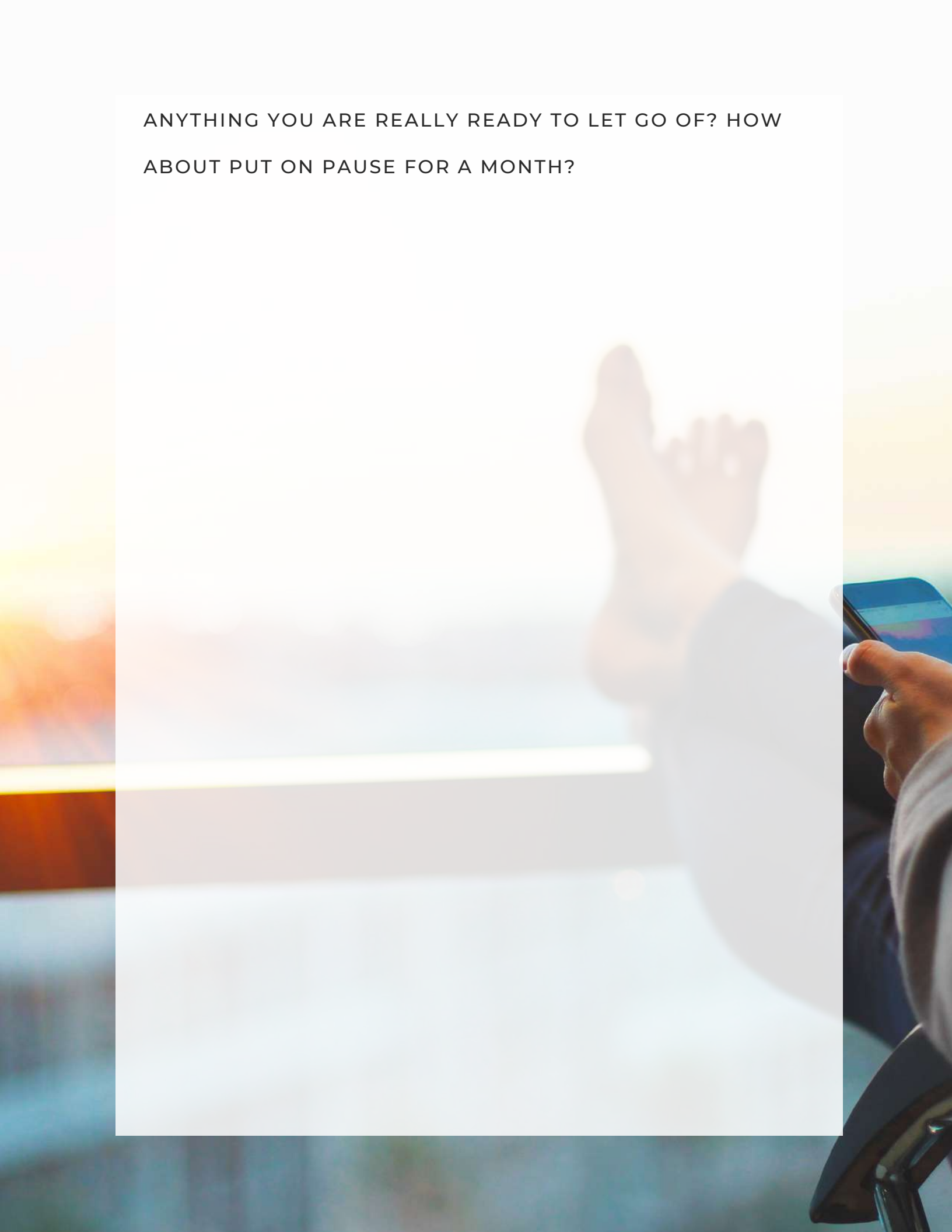


WHAT WAS YOUR FAVORITE MOMENT LAST MONTH? DID  
IT HAVE A LASTING EFFECT? DID IT SHIFT YOU  
COMPLETELY?



WHAT PARTS OF YOUR BUSINESS ARE YOU LOVING  
RIGHT NOW?

ANYTHING YOU ARE REALLY READY TO LET GO OF? HOW  
ABOUT PUT ON PAUSE FOR A MONTH?



ANY CLIENTS YOU ARE READY TO LET GO OF?



IS THERE ONE THING YOU ARE READY TO SHIFT IN YOUR  
BUSINESS... RIGHT NOW?





HOW WILL YOU BEGIN THIS SHIFT? WHAT ACTION STEPS  
WILL YOU TAKE?



HAS ANYTHING NEW SPARKED YOUR INTEREST THAT YOU MIGHT  
LIKE TO TRY?

HOW ARE YOU PERSONALLY FEELING?

HOW IS YOUR WELLBEING?

ANY NEW RESPONSIBILITIES YOU 'VE TAKEN ON?







# YOUR FOCUS:

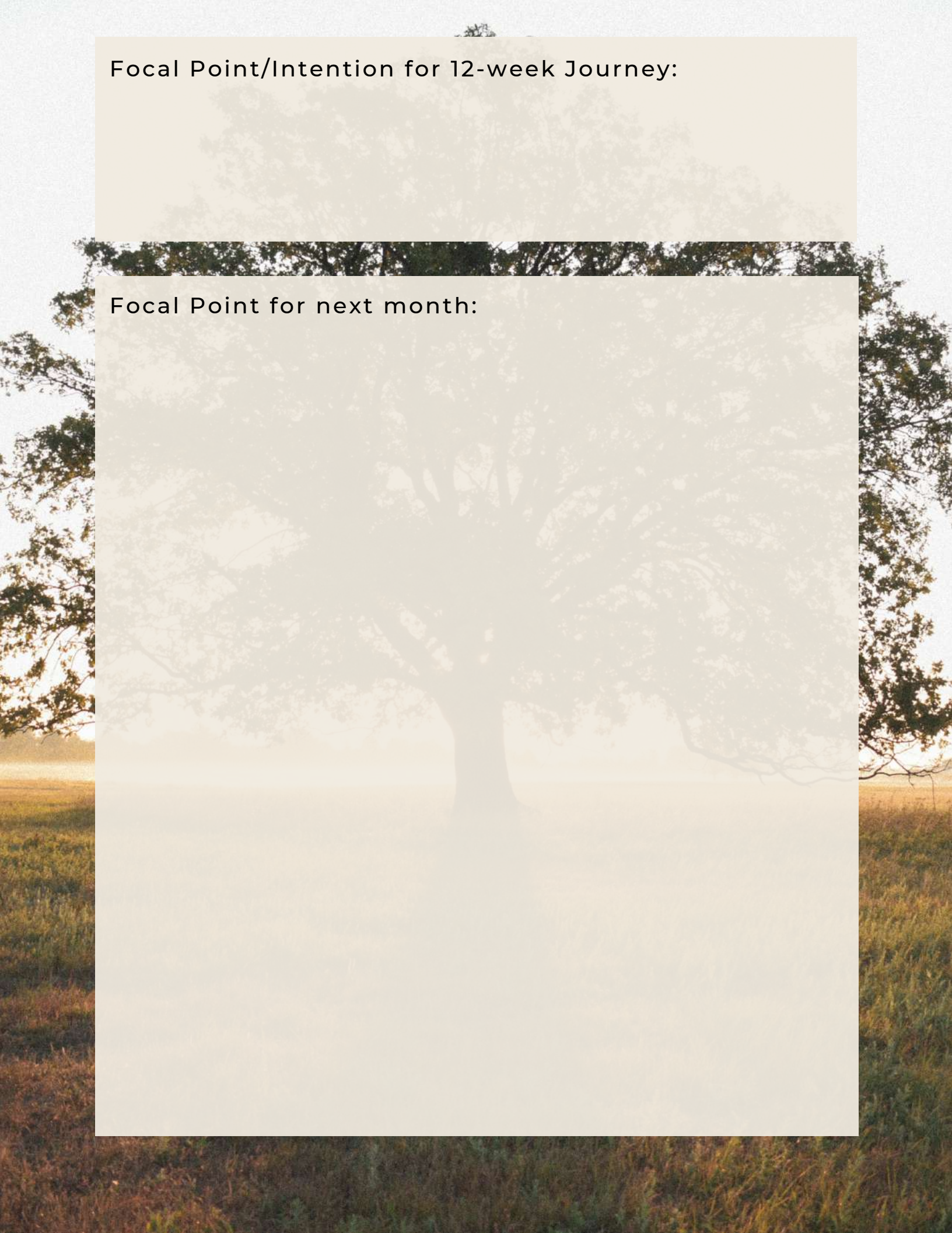


Choosing one thing to be your main focus this next month is helpful and participates in bringing the results you are wanting.

Using your main Focal Point for The Renewed Business Designer that you chose in the earlier Start Your Journey retreat works as the trunk to your tree. Each month a branch growing. Each week a blossom off the branch.

So... what will your new branch be like?  
What will you focus on this coming month?



A large, leafy tree stands in a field of tall grass. The scene is captured at sunset, with a warm, golden light illuminating the sky and the ground. A semi-transparent, light-colored rectangular box is overlaid on the upper portion of the image, containing text.

Focal Point/Intention for 12-week Journey:

Focal Point for next month:



















BRAVO AND WELL DONE!

HAVE A LITTLE CLOSING  
CEREMONY FOR YOURSELF.

TAKE A WALK. HAVE A  
BATH, OR EVEN EMBRACE  
A LITTLE NAP.

*YOU ARE READY TO ROCK  
THE NEW MONTH!*

XO  
KAT