

**THE FWBO INTERNATIONAL URBAN RETREAT**  
**June 20-27<sup>th</sup> 2009**

*Your Aims for the Retreat*

First of all take some time to think about what you would like to get out of it. See if you can come up with three aims. Make sure they are realistic, achievable and specific. So nothing nebulous and grand such as 'I want to be a source of love in the world' - worthy though that might be, it will be difficult to know if you have achieved it, and it sets you up to fail. Keep your aims as down to earth and practical as possible. An aim might be 'I want do the whole retreat and not drop out', or 'I want to find creative ways of cultivating mindfulness at work'.

*1: Aims*

Spend a bit of time being as clear about your three aims as possible. Then fill in the left hand boxes. Leave the right hand boxes clear so that you can evaluate your aims at the end.

<i>My aims for the Urban Retreat</i>	<i>Evaluation - have I achieved what I'd hoped for?</i>		
	<i>Yes</i>	<i>Improving</i>	<i>No</i>
1)			
2)			
3)			

*2: Obstacles*

Then try to think of obstacles that might prevent you meeting your aims, such as: 'I often stay up late, so I would find it difficult to get up early to meditate', 'I fear my partner might think this is another one of my fads and not support me in doing the course', 'I am prone to thinking that I am not making progress and therefore give up easily'. Really try to imagine possible obstacles 'My parents are visiting for a week!' Jot them down in your journal.

*3: Supports*

Then try to think of supports and strategies that will help you overcome obstacles that might arise - just being aware of potential obstacles will help you prepare to meet them. You might decide to meditate during your lunch break (you know a local church you can go and sit in). You might ask your partner to do the course with you, or you might explain what you are trying to do and enlist his/her support. You might ask a mindfulness buddy to help encourage you not to give up. Whatever they are, write them in your journal.

## FWBO INTERNATIONAL RETREAT 2009 - PRACTICE DIARY

Today's date: \_\_\_\_\_

### **Meditation**

What practice will I do?	When?	For how long?	Did I do it?	What were the effects of doing it or not doing it?

### **Other practices and commitments**

What other "practices" that will help me be more in "full attention"	When?	For how long?	Did I do it?	What were the effects of doing it or not doing it?

### **Obstacles to overcome**

What will I attempt to give up that prevents me from being more mindful and living with full attention?	Did I manage to give it up?	What were the effects of doing so, or not doing so?

### **Contact with my "Dharma-buddy"**

How and when are we going to contact each other?	Did we manage to do that?	Notes

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