



*Are you feeling unfulfilled? Do you need a break to recharge or reset your life's path? Or maybe you just want to experience something different. You may be ready to embark on a personal retreat or take a break to volunteer for a cause or just travel. Take this short survey to rate your readiness!*

**Disclaimer:** Survey results are based solely on your responses. The author is not responsible for the consequences of decisions you make based on this survey. It's simply a fun way to gauge your readiness for a life change.

## SURVEY

For each group, choose only one statement that best resonates with how you feel now, not how you wish you felt. Add your score: each A=4; each B=3; each C=2; each D=1.

### Group 1

- A. I am eager to follow my dream.
- B. I want to change the way I am currently living my life, and I'm open to ideas.
- C. I feel unfulfilled by my work or life, and I don't know how to change that.
- D. I need to escape from something or someone.

### Group 2

- A. I have a strong desire to contribute to something greater than myself.
- B. I want a break to think about what to do with my life.
- C. I feel a need to deepen my personal experience, but I don't know what I want.
- D. I am bored with my life.

### Group 3

- A. I would love to support a cause with my time and talents.
- B. I am comfortable discovering new things even though it may feel scary.
- C. I want something different in life, yet going away seems too expensive or difficult.
- D. I have a bad case of FOMO (fear of missing out).

### Group 4

- A. I am ready for a change—surprise me!
- B. I want to create a more meaningful existence, and I'm exploring what that means for me.
- C. Part of me wants a change, and part of me is afraid to take the first step.
- D. Change would be nice, but I have a morbid fear of change.

### Group 5

- A. I can't wait to experience new ideas about myself and the world.
- B. I want to change what I'm doing, and I'm okay not knowing exactly what that is.
- C. I don't know what I want, but it isn't what I currently have.
- D. I don't care where or what, I'm just desperate to get away.

## SCORING

### **If your score is 5–12: Hold on!**

You may be so bored or frustrated with your current situation that you would tolerate a weeklong road trip with your least-favorite person just to get away. Or, maybe it seems everyone else is having all the fun and getting all the good things in life. You may feel like you're missing out; however, having it all doesn't necessarily bring happiness either.

**\*\*** *If your objective is to flee from someone or something, and you're at risk of being harmed (emotionally or physically) or harming yourself, **please seek help immediately.** [This website](https://psychcentral.com/lib/common-hotline-phone-numbers/) (<https://psychcentral.com/lib/common-hotline-phone-numbers/>) includes hotline phone numbers for the US and some UK/Ireland numbers, as well as online chat options.* **\*\***

If your motivation comes from frustration, anger, or revenge (*I'll show them by disappearing for a while!*), note that these states of being are not the best circumstances for making a getaway. Consider your reasons for wanting to retreat. Can you resolve, even temporarily, your troubling issue without having to get away from it?

It's natural to be afraid of change, but if you find change absolutely paralyzing, you may not be ready for the whopping changes that retreating can bring. Tread carefully. Try weekend retreats to get used to the idea. A short time away may be all you need to reset, recharge, and think about how to handle a situation, toss some ideas around, or realize maybe things are not so bad to require leaving home—at least for now. You can also explore ways for making small changes in your life to ease what ails you.

Try journaling about your fears and what you'd like to change about your life. What excites you? What motivates you? What brings you joy? Sometimes writing about these with hardcore honesty reveals feelings you didn't know you had and can help you work through them. Having a deep conversation with a trusted person can serve the same purpose.

Retreating with a clear mind, clear purpose, and peaceful resolve—that is, the right attitude—is essential for ensuring that your retreat, when you're ready for it, is a positive experience.

### **If your score is 13–19: You're getting there!**

You may have a specific plan or an idea but it's not quite ripe yet. Maybe you're thinking about a career change or a major change of residence. Or maybe you're grappling with partnership issues, a health-related situation, or other major life event. A weekend or weeklong retreat could be just what you need for time to think—or not think!—about your situation and how to proceed. Sometimes that's all it takes to jumpstart a desire, uncover a long-held dream, or resolve troubling concerns.

For the budget-conscious, consider a staycation that involves reading, exploring, or going for long walks or a bike ride. You might even try mindful meditation. The answers you need may percolate to the surface and help prepare you for a future break away from home. If a staycation isn't possible or desirable, but you really need a short getaway, choose an affordable place that has everything you need to be safe and content.

If you are eager to get away for longer but aren't sure what to do or where to go, try journaling about your motivations and fears and what you'd like to change about your life. Or, have a deep

conversation with a trusted person. Journaling, or honest discussion, can help guide you in choosing where to go and how to spend your time away. You'll be grateful you did your internal research before spending time and money, thereby ensuring that your retreat meets your needs. Having the right attitude, that is, retreating for the right reasons, will better prepare you emotionally, physically, and mentally when you do go.

Before taking extended time off, do your research to ensure that you get the most out of it. Follow the blog posts at [www.LunaRiverVoices.com](http://www.LunaRiverVoices.com), which provide preparation checklists and guidance on how to prepare for taking a break from your current life.

### **If your score is 20–25: Pack your bags!**

Sounds like you're ready for a getaway! Whether that means retreating to a place for quiet reflection, volunteering for a cause, or doing something more adventurous, you have the right attitude. You are open to the idea of taking a break from your current life, whether for a weekend or longer, even though the thought might excite *and* frighten you. Be sure you also understand that whatever you choose to do, the experience could be challenging—emotionally and possibly physically. Oftentimes that is the point!

If you already know what you want to do and where you want to go, have you begun to prepare for your time away? The longer your getaway, the more thoroughly you must prepare to ensure any business or personal things you leave behind are taken care of. If you travel abroad, you'll need to make additional preparations.

If you don't have a plan, or even an inkling of what to do, visit [www.LunaRiverVoices.com](http://www.LunaRiverVoices.com) for some ideas. Some of the blog posts provide checklists and guidance on how to prepare for taking a break from your current life.

Before you go, you may find it useful to journal about your motivations, fears, expectations, and desired outcome. On your journey, continue to write about your experiences. Not only does this help you remember your experience, it also provides an internal road map of your personal growth.

Even if you're the adventurous type and can handle surprises and big changes, proceed with caution to protect your safety. To the extent possible, know what you're getting yourself into. Read as much as you can about your destination, or destinations, and (if appropriate) consider the advice of those who have gone before you. There is a fine line between preparing so that you remain safe and leaving some things to chance for the fun of discovery.

### **For more information**

For links to retreats, information on preparing to get away, and other resources, visit [www.LunaRiverVoices.com](http://www.LunaRiverVoices.com). The list of resources and blog posts about the topic will continue to grow. If you have retreat tips and advice, information about retreats or volunteering for a cause, or want to share your experience, go to the **Contact** tab.