



5 STEPS TO A HAPPIER YOU

GUIDE



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STEP 1. GROW YOUR WINGS

Sometimes it feels like you need to wait for the right wind to take off.

But your inner wisdom knows: wings don't grow from the wind – they grow from the decision to rise.

MESSAGE OF THE STEP

Wings appear for those who dare to take the first step forward.

REFLECTION

Close your eyes and remember a moment when you were flying – not literally, but with your soul.

When everything felt light, inspired, and flowing.

What helped you spread your wings then?

What is holding you back now?

Practice:

Write down three small steps that can help you feel that sense of flight again — even while standing on the ground.



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STEP 2. EMBRACING MISTAKES WITH EASE

Sometimes we treat ourselves more harshly than any judge.

We strive to be precise, correct, flawless.

But your inner wisdom knows: mistakes are simply proof that you're moving forward.

MESSAGE OF THE STEP

Those who never make mistakes are
the ones who never move.

REFLECTION

Think of three “mistakes” that still bring you feelings of regret or shame.

Now – write next to each one what it taught you.

What would you have never discovered about yourself if everything had gone “perfectly”?

Practice:

If you can — thank yourself for those mistakes. Say: “I allow myself to learn through life, not just in theory.”



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STEP 3. STOP COMPARING YOURSELF TO OTHERS

It often seems that someone is always wiser, prettier, faster.

But your inner wisdom knows: the moment you stop comparing, you return to yourself.

And that's when real magic begins.

MESSAGE OF THE STEP

No one can be you better than you.

REFLECTION

Think about who you've been comparing yourself to today – even unconsciously.

What is it in that person that resonates with you?

And what beauty within yourself do you overlook when you look at them?

Practice:

Write down three qualities you're grateful for in yourself right now.

And one you'd like to unfold — not to be “better,” but to be even more fully yourself.



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STEP 4. BRING THINGS INTO ORDER

Sometimes chaos is just a form of accumulated energy asking to be heard.

Your inner wisdom reminds you: order isn't about control – it's about respect for yourself and your time.

MESSAGE OF THE STEP

When clarity comes within, everything else falls into place.

REFLECTION

Look around – where do you feel the most disorder today?

It might be your desk, a folder on your computer, a conversation, a relationship, or even your thoughts.

Practice:

Choose one space and bring order to it.
Not for perfection — but for a deep breath.

Let every item, word, or thought find its
rightful place — like pieces of gentle inner
magic coming together.



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STEP 5. REPLACE 'HAVE TO' WITH 'WANT TO'

Your inner wisdom smiles whenever it hears the words “I have to.”

It knows: every “have to” is a stone in the cart you pull by yourself.

And magic begins the moment you decide to travel light.

MESSAGE OF THE STEP

What's done with desire grows, what's
done from duty weighs you down.

REFLECTION

Listen closely to your schedule, your thoughts, your promises.

What do you do out of obligation – and what comes from genuine
desire?

Where can you replace “I must” with “I choose to”?

Practice:

Write down three things you'll do today
because you want to, not because you have
to. Let your day end with a feeling of
lightness — not duty.



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Santhika is more than just a retreat center, it's a **spiritual sanctuary** where people from all around the world gather to share meaningful experiences and expand their consciousness. Whether you're seeking to **slow down, release stress, or delve deeper into your spiritual journey**, our retreats offer the perfect space for **growth and renewal**.

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