

Spiritual Retreat Participant Assessment

Name

Date

Age

Gender

Retreat Session

Facilitator

What were your expectations before attending the retreat?

Describe your overall experience during the retreat.

What personal or spiritual growth did you notice?

Which activities or sessions were most meaningful to you? Why?

Did you face any challenges? If yes, please describe.

How will you apply what you've learned in your daily life?

Suggestions for improvement

Additional comments