

**Ten Tips for Making the Most of Your
Girlfriends' Weekend Away**
By Donna Duffy

1. **It's your time**--Allow yourself to relax, unwind and enjoy the people, the place and the present.
2. **Don't overdo it**—Provide enough activity to keep everyone engaged and not bored and enough downtime to relax, recoup and reconnect.
3. **Build memories**—“Where were we last year at this time”. Remember the first time you all got together, how have you changed, how are you still the same. It will help everyone gain hope and perspective.
4. **Try something new**—Kayaking, rappelling, scrap booking, bird watching, hiking, biking, karaoke, eat sushi, line dancing—anything. It really doesn't matter. Just do something together that makes you take a step forward as a group.
5. **Celebrate tradition**—What do you do that is you?—Do it again! It cements your bond and builds memories into the scrapbook of your lives.
6. **Pick your label**—Decide on a signature bottle of wine. If everyone enjoys wine then pick one or two that you always drink together and then maybe introduce one that you want everyone to try.
7. **BYOB**-Bring your own book. Is there a book that you have read this year that you know everyone would love? Then bring copies for everyone with an encouraging note inside.
8. **BRAVO**--Celebrate everyone's achievements and accomplishments.
9. **Team Trivia**--Over the weekend have everyone put interesting tidbits and trivia into a basket and see if you can figure out who's who. Be sure to give out prizes for everyone.
10. **Saying goodbye**--Take your leave from one another with something that celebrates your togetherness and who you are as a group. Send one another off with well-wishes, encouragement, and the assurance of each other thoughts and prayers until you meet again.

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