



Gratitude & Reflection Guide for Winter



Winter can feel heavy but taking a few minutes each day to focus on gratitude, affirmations, and planning can make a big difference. Try these prompts as a gentle guide for the season.

1. Daily Gratitude and Affirmation

Gratitude: Write down three things you're grateful for today. They don't have to be big—small joys count!

Affirmation: Pick a positive phrase to repeat to yourself today. Examples: "I am resilient," "I can handle this moment," or "I am loved."

2. Recognizing Struggles

Signs to Notice: What signs tell you you're struggling? (e.g., low energy, trouble focusing, feeling overwhelmed) Recognizing these can help you understand when you need extra support.

3. Looking Forward to the Month Ahead

Future Highlights: What are you looking forward to this month? (It could be cosy nights, a favourite hobby, or even just a hot cup of tea.) List a few things, big or small.

4. Setting Gentle Goals

Next Few Months: What would you like to achieve over the winter season? This could be personal goals, mental health practices, or even learning something new. Keep it flexible and kind to yourself.

5. Trying New Mood Boosters

Mood Boosters: What's one new thing you can try to lift your mood this month? (e.g., trying a new exercise, starting a journal, or planning regular check-ins with a friend.)

6. Fresh Air & Movement

Outdoor Exercise: If possible, take a short walk outside during the day, even for 10 minutes. Natural light and movement, even when it's cold, can help boost your energy and mood. Indoor stretches, yoga, or a few dance moves

can help too, and even a little movement can add a positive spark to your day.

7. Creating a Self-Soothing Plan

Comfort Options: Think about what helps you feel better when you're down. What else could you try? (Examples: a comforting playlist, time in nature, or a favourite creative activity.)

