



A Winter of Rest & Gentle Renewal

A printable companion to help you slow down, winter well, and move gently through the quieter months

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Dear friend,

Thank you so much for downloading this Winter bundle. It has been created with care, as a gentle companion for the quieter months — a reminder that winter does not need to be something we simply endure, but something we can move through with intention, warmth, and steadiness.

Winter asks something different of us. The days grow shorter, the light softens, and life naturally turns inward. This season invites us to slow down, to tend to ourselves and our homes, and to find comfort in smaller, simpler rhythms. It's a time for rest, reflection, and gentle nourishment — body, mind, and soul.

This bundle brings together three seasonal calendars, each supporting a different part of the winter journey. You might begin by easing yourself into winter with small grounding rituals, move through December with intention and quiet joy, and then gently reset as a new year unfolds. These calendars are not rigid schedules or expectations — they are soft invitations you can return to whenever you need them.

You'll find ideas, prompts, and reflections designed to support you through darker mornings, longer evenings, festive days, and quieter ones in between. Some pages may feel right for November, others for December, January, or even February. There's no need to follow them in order or by the calendar — let them meet you where you are.

Think of this bundle as a could-do collection rather than a must-do list. Choose what resonates, repeat what comforts you, skip what doesn't fit, and come back to these pages whenever life feels a little heavy or hurried.

I hope these winter calendars help you move through the season with more softness, presence, and care — creating space for rest, meaningful moments, and gentle renewal.

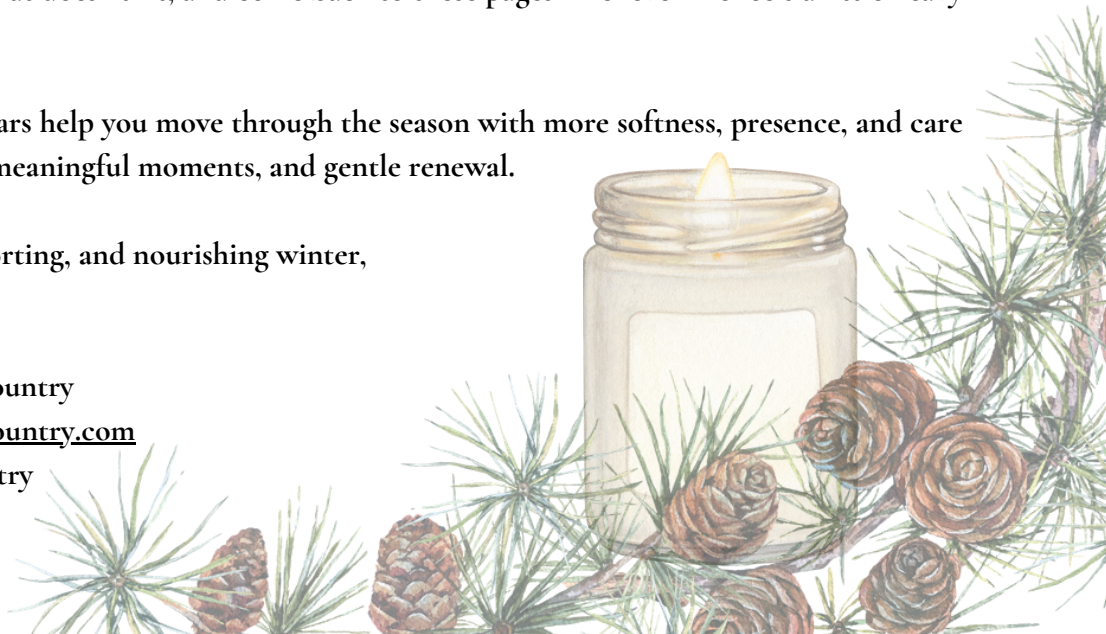
Wishing you a calm, comforting, and nourishing winter,

Ciara x

Our Little House in the Country

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30 WAYS TO WINTER WELL

A Slow & Intentional Calendar

Simple daily practices to nourish body, mind and soul as we gently step into winter.

Start a morning ritual of lemon and hot water	Revisit your bedtime routine	Try "Soup Sundays" Simmer a big pot of soup or stew each Sunday	Keep a basket of blankets nearby	Journal on this prompt: What do I want winter to give me?	Plan one full day of digital rest Switch off your phone, laptop, and TV for 24 hours.	Nourish your skin Cold air dries us out quickly.
Restock your pantry with winter staples	Create a "comfort shelf" of books	Light a morning candle Strike a match and let a flame flicker during morning coffee	Make herbal tea part of your rhythm	Refresh your entryway Create a small seasonal station with a basket for hats, scarves, gloves, and umbrellas.	Journal on this prompt: What do I need less of before the year ends?	Begin a gentle stretching routine
Bake a simple loaf of bread The smell alone is soul-soothing	Try a guided meditation or breathwork session	Swap one evening of TV for a game night Board games, card games, or even puzzles	Check in with your budget Plan intentionally for the festive season ahead.	Create a cosy corner Arrange a chair, a throw, and a lamp just for you	Make a winter playlist. Cosy, moody, or slightly spooky	Explore the night sky Clear evenings are perfect for stargazing.
Start a gratitude jar Write down tiny joys	Read Wintering by Katherine May (or another seasonal book)	Make a stovetop simmer Fill a pot with orange slices, cinnamon, and cloves.	Try a simple winter craft Knitting, embroidery, or even a jigsaw puzzle	Step outside at dawn Even just once this month	Cook one nostalgic family recipe A dish from your childhood or family tradition	Journal on this prompt: What do I want to carry into the new year?
Listen to a seasonal podcast	Have a slow breakfast by candlelight	Write a wintering intention As the month ends, set a gentle aim for the weeks ahead.				

30 WAYS TO WINTER WELL

1. Start a morning ritual of lemon and hot water. Support your body's immunity by beginning the day with something warm and cleansing.
2. Revisit your bedtime routine. Trade endless scrolling for 15 minutes of reading, journaling, or quiet reflection before bed.
3. Try "Soup Sundays". Simmer a big pot of soup or stew each Sunday — warming, nourishing, and perfect for leftovers during the week.
4. Keep a basket of blankets nearby. Encourage everyone to layer up and cosy down. It creates instant comfort without cranking up the heat.
5. Journal on this prompt: What do I want winter to give me? Reflect on what you most need from the season ahead.
6. Plan one full day of digital rest. Switch off your phone, laptop, and TV for 24 hours. Notice how much slower and softer the day feels.
7. Nourish your skin. Cold air dries us out quickly. Switch to richer creams, hand balms, and lip salves as part of your daily care.
8. Restock your pantry with winter staples. Lentils, beans, oats, root vegetables, and tins of tomatoes become the backbone of hearty, budget-friendly meals.
9. Create a "comfort shelf" of books. Line up novels, essays, or seasonal reads you want to savour during the darker months.
10. Light a morning candle. Strike a match and let a flame flicker during breakfast or morning coffee — a ritual that signals calm and presence.
11. Make herbal tea part of your rhythm. Chamomile before bed, peppermint after meals, or lemon balm in the afternoon — soothing for both body and mind.
12. Refresh your entryway. Create a small seasonal station with a basket for hats, scarves, gloves, and umbrellas.
13. Journal on this prompt: What do I need less of before the year ends?
14. Begin a gentle stretching routine. Ease stiffer muscles with five or ten minutes of stretching each morning or evening.
15. Bake a simple loaf of bread. The smell alone is soul-soothing, and a slice of fresh bread is pure comfort.
16. Try a guided meditation or breathwork session. Even five minutes can reset your nervous system and lower stress levels.
17. Swap one evening of TV for a game night. Board games, card games, or even puzzles — a lovely way to connect with family without screens.
18. Check in with your budget. Plan intentionally for the festive season ahead. Reducing financial stress is an act of seasonal self-care.
19. Create a cosy corner. Arrange a chair, a throw, and a lamp just for you — a little retreat within your home.
20. Explore the night sky. Clear evenings are perfect for stargazing. Notice how different the sky feels compared to summer.
21. Start a gratitude jar. Write down tiny joys — the first frost, a good cup of tea, a quiet Sunday. Read them back in December.
22. Read *Wintering* by Katherine May (or another seasonal book). Her words on rest, retreat, and resilience pair beautifully with winter evenings.
23. Make a stovetop simmer. Fill a pot with orange slices, cinnamon, and cloves. Let it scent the whole house with warmth.
24. Try a simple winter craft. Knitting, embroidery, or even a jigsaw puzzle can feel meditative and grounding.
25. Step outside at dawn. Even just once this month — the hush of the world before sunrise feels different in winter.
26. Cook one nostalgic family recipe. A dish from your childhood or family tradition can bring comfort and connection.
27. Journal on this prompt: What do I want to carry into the new year?
28. Listen to a seasonal podcast. Try an episode of *On Being* or *Nature & Nourish* while walking — nourishing for the mind as well as the body.
29. Have a slow breakfast by candlelight. Porridge, toast, or eggs — start one morning with intention and calm.
30. Write a wintering intention. As the month ends, set a gentle aim for the weeks ahead. Something like: I will embrace rest or I will seek small joys daily.

30 WAYS TO WINTER WELL: REFLECTIONS

Journal on this prompt: What do I want winter to give me?

Reflect on what you most need from the season ahead.

Journal on this prompt: What do I need less of before the year ends?

Journal on this prompt: What do I want to carry into the new year?

Write a wintering intention

As the month ends, set a gentle aim for the weeks ahead. Something like: I will embrace rest or I will seek small joys daily.



31 WAYS TO SLOW DOWN AND SAVOUR DECEMBER: A Calendar for Advent and Beyond

a gentle invitation to pause amidst the rush, to notice the beauty of ordinary days, and to carry those mindful moments right through to the end of the year.

Light a candle and whisper your hope for December	Put on Christmas music while you cook or tidy.	Take a mindful winter walk and notice what has changed since autumn.	Write a kind note or card to someone who wouldn't expect it.	Bake something simple and share it with a neighbour.	Declutter one small corner to make space for festive décor.	Spend an evening by the tree with all other lights off
Try a new festive hot drink — mulled juice, spiced tea, or hot chocolate.	Wrap gifts slowly, with intention and care.	Pause for 10 minutes of journaling: what do you most love about December?	Make a donation, however small, to a charity close to your heart.	Go outside after dark and look up at the winter sky.	Create a festive playlist with your family.	Have a screen-free evening playing cards or board games.
Light a lantern or candle to honour the halfway point of Advent.	Try one festive craft — homemade ornaments, dried oranges, or paper stars.	Take a slow bath or shower and let the season's busyness wash away.	Do one small act of kindness in secret.	Cook or bake something that reminds you of childhood Christmases.	Pause to write down three things you're grateful for this year.	Celebrate the Winter Solstice — light candles, enjoy simple food, and welcome the return of the light.
Take a mindful breath before every meal today.	Spend a cosy evening in PJs with hot chocolate and a Christmas movie.	Honour Christmas Eve with a simple ritual — a walk, a story, or a quiet prayer.	Celebrate Christmas in your own way — simple, joyful, and true to you.	Go for a slow walk, noticing what the day after Christmas feels like.	Write a thank-you note for a gift or gesture you've received.	Declutter or tidy one small space in your home to create calm.
Light a candle in gratitude for the year that's been.	Reflect on one thing you want to leave behind this year.	Write a gentle intention for the year ahead.				

31 WAYS TO SLOW DOWN AND SAVOUR DECEMBER



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FOUR JOURNALING PROMPTS FOR A SLOWER, MORE MEANINGFUL DECEMBER

What does a slow, meaningful December look and feel like to me?

Describe the sights, sounds, scents, and moments that make the season feel rich and real — not rushed or overfilled. What would it mean to savour it this year?

How can I bring more calm and presence into my holiday traditions?

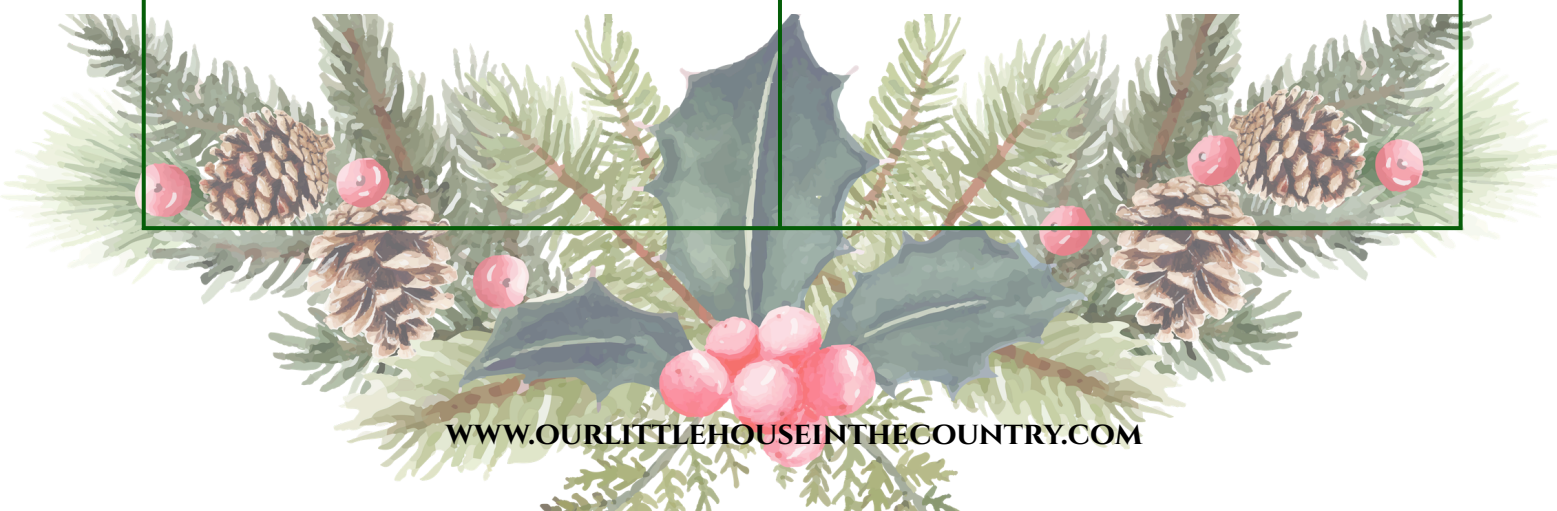
Think about what parts of the season you truly cherish and what feels heavy or pressured. How might you simplify, delegate, or let go so that joy and connection stay at the heart of it?

What small rituals or comforts help me feel grounded in winter?

Write about the little things — your favourite candle, a quiet walk, baking, music, or time by the fire — that bring peace in darker days. Which ones could you weave into your December rhythm?

As the year draws to a close, what am I most grateful for — and what do I want to carry forward into the new year?

Reflect gently on the lessons, moments, and people that shaped your year. What would you like to leave behind, and what light do you want to bring with you into January?



THE GENTLE RESET: 31 DAYS OF GROUNDING & RENEWAL FOR JANUARY

31 Days to Begin Again Slowly

Light a candle and take three deep breaths before breakfast.	Write down one thing you're grateful for today.	Declutter a single drawer or shelf — nothing more.	Go for a short walk and notice something beautiful.	Drink a full glass of water before your morning coffee.	Message a friend just to say hello.	Go screen-free for one evening.
Cook or bake something from scratch.	Sit in silence for five minutes and breathe.	Do something kind for your future self — prep lunch, tidy a space, or plan rest.	Wrap yourself in a blanket and read for half an hour.	Go outside at sunrise or sunset and just look..	Make a cup of tea and do absolutely nothing while you drink it.	Reflect on one lesson 2025 taught you
Write down three intentions for the months ahead.	Turn on soft lighting, light a candle, and unwind early tonight.	Spend time in nature, no matter the weather.	Listen to your favourite music — really listen.	Cook something nourishing that makes you feel good.	Write a kind note to yourself for when you need encouragement.	Declutter your phone — delete old photos, apps, or messages.
Give yourself permission to rest.	Go for a walk and notice the sounds of winter.	Do something creative — journal, draw, or craft.	Make a list of small things that make you feel calm.	Practice gratitude for someone who made a difference in your life.	Stretch for five minutes before bed.	Turn off your phone one hour before sleep.
Tidy one corner of your home and light a candle there.	Reflect: What have I learned so far this month	Celebrate your quiet progress — big or small.				

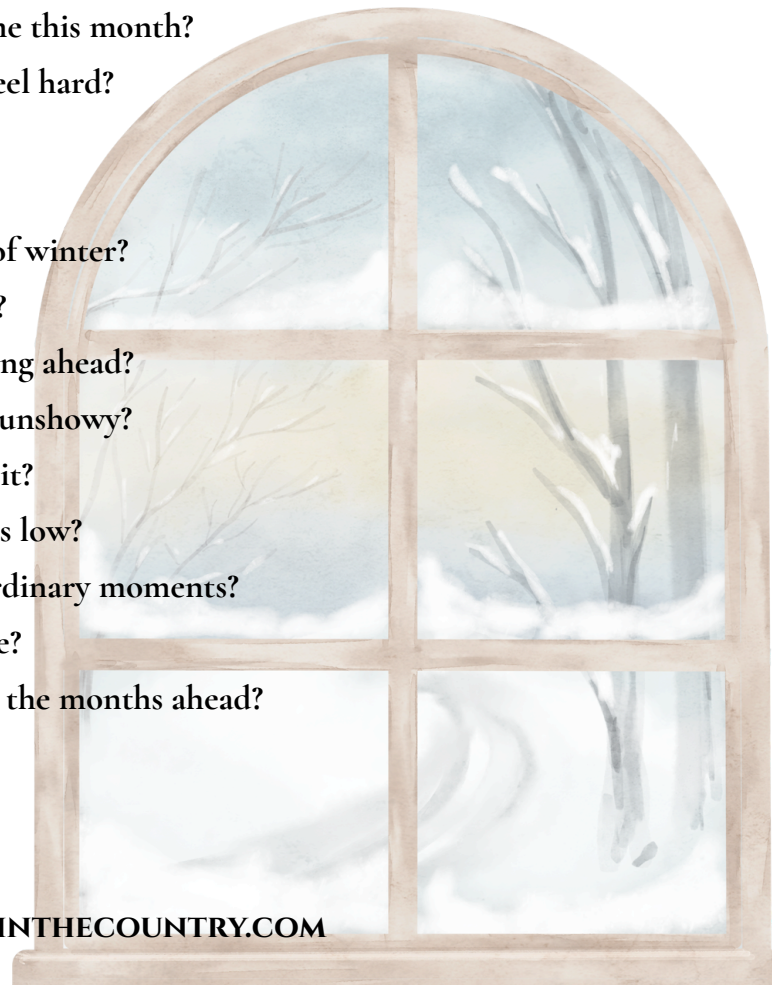
THIS IS A SEASON FOR REST, REFLECTION, AND A SOFTER KIND OF BEGINNING.

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30. Reflect: What have I learned so far this month?
31. Celebrate your quiet progress — big or small.

GENTLE JANUARY: REFLECTIVE JOURNALING PROMPTS FOR GROUNDING & RENEWAL

1. What does “gentle” mean to me at this point in my life?
2. How do I want January to feel, rather than what do I want to achieve?
3. What am I carrying into this year that I no longer need?
4. What habits or rhythms supported me well over the past year?
5. Where in my life could I soften my expectations?
6. What does rest look like for me right now?
7. What helps me feel grounded when life feels noisy or rushed?
8. What am I grateful for in this quiet beginning of the year?
9. What parts of my daily routine feel nourishing — and which feel draining?
10. How does my body ask for care during winter?
11. What would it look like to move more slowly this month?
12. What simple pleasures bring comfort to my days in January?
13. Where can I create more space — physically, mentally, or emotionally?
14. What am I learning about myself as this new year begins?
15. What does “enough” look like for me right now?
16. How can I support my energy instead of pushing against it?
17. What intentions feel realistic and kind for this season of life?
18. What would I like to invite more of into my home this month?
19. How do I want to speak to myself when things feel hard?
20. What small rituals help me feel steady and safe?
21. What am I ready to begin again — gently?
22. What would it feel like to trust the slower pace of winter?
23. What matters most to me as I step into this year?
24. How can I honour where I am, rather than rushing ahead?
25. What does renewal look like when it’s quiet and unshowy?
26. What can I let unfold naturally, without forcing it?
27. What anchors me on the days when motivation is low?
28. How can I bring a little warmth and care into ordinary moments?
29. What am I hopeful for — softly, without pressure?
30. What intentions do I want to carry forward into the months ahead?



How to Use This Printable

How to Print

- For best results, print the pages on A4 or US Letter size paper.
- Use a high-quality print setting for crisp text and colour.
- You can print at home or at a local print shop.
- Choose to print single pages or the whole bundle — whatever suits your space and lifestyle.



How to Use

- Hang the calendar on your fridge, in your hallway, by your desk — somewhere you'll see it often.
- Keep the full prompt list handy as a reference or tuck it into your journal.
- Use the journaling page when you have a quiet moment — perhaps at the weekend or at the end of each week.
- Let the prompts inspire small shifts, little pauses, and deeper presence throughout your day.
- No pressure to complete everything — let this be flexible and nourishing, not one more thing on your to-do list.




Stay Connected

I love seeing how these seasonal printables find their way into your homes.
If you'd like to share, tag me on Instagram — I always love hearing from you!

With warmth,
Ciara

 www.ourlittlehouseinthecountry.com

 Instagram: [@ourlittlehouseinthecountry](https://www.instagram.com/ourlittlehouseinthecountry)

 Want next month's calendar delivered straight to your inbox? Subscribe to the newsletter!



Winter Reflections

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Notes

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