



WINTER WELL

Journaling Reflections

GENTLE PROMPTS TO CARE FOR
YOURSELF THIS NOVEMBER

*Take a moment to slow down, tune in and
reflect on what you need this season.
Let these prompts guide you back to
rest, warmth and what matters most.*



How am I feeling right now, physically, mentally and emotionally?



What do I need more of this month to feel calm, nourished and supported?



What drains my energy or steals my peace that I can let go of?



What are three simple things that bring me comfort and warmth?



What boundaries do I need to protect my time, energy and wellbeing?



What are some small ways I can care for my body this month?



How can I create more moments of rest and stillness in my days?



What am I grateful for right now?



What would I love to let November teach me?



What intention would help me move through this month with more ease and kindness?



—>>> A LITTLE NOTE TO YOUR FUTURE SELF <<<—

