

THE
ADVENT
Companion

A SLOW & INTENTIONAL ADVENT
GUIDE

DAILY REFLECTIONS, SIMPLE TRADITIONS
& MEANINGFUL MOMENTS
TO PREPARE YOUR HEART & HOME
FOR CHRISTMAS

Advent Intentions

- ♡ Slow down
- ♡ Be present
- ♡ Give more hugs
- ♡ Choose joy
- ♡ Light a candle
- ♡ Prepare with love

Our Little House in the Country

ourlittlehouseinthecountry.com



ADVENT CALENDAR

of Simple Joys

24 simple invites to help you slow down, savour the season
& find joy in the little things each day.



1

Watch the
sunrise.



2

Write a
Christmas
card.



3

Light a
candle &
take a
deep breath.



4

Read a
Christmas
story.



5

Donate to
a food
bank.



6

Bake
something
festive.



7

Go for a
winter
walk.



8

Listen to
your
favourite
carol.



9

Watch
the stars
tonight.



10

Make
hot
chocolate.



11

Call
someone
you love.



12

Pick up
litter on
your walk.



13

Decorate
something
small.



14

Enjoy a
slow
morning.



15

Make
a gratitude
list.



16

Give
someone
a hug.



17

Visit a
local shop.



18

Enjoy the
twinkle
of lights.



19

Drink a
warming
tea.



20

Make a
homemade
gift.



21

Spend time
doing
nothing.



22

Leave a kind
note for
someone.



23

Watch a
Christmas
film.



24

Pause &
soak in the
magic.



THE MAGIC OF ADVENT ISN'T
IN WHAT WE DO, BUT IN HOW
WE CHOOSE TO BE.



My favourite simple joy from today



.....

.....

.....



SLOW DOWN, BE PRESENT & SAVOR THE LITTLE MOMENTS. ♥





ADVENT Reflections



Take a moment each day during Advent to pause,
reflect & notice the little blessings
that bring light to your season.



♥ TODAY I'M GRATEFUL FOR...



♥ SOMETHING BEAUTIFUL
I NOTICED...



♥ A KINDNESS I RECEIVED...



♥ A KINDNESS I SHARED...



♥ WHAT I'M LOOKING FORWARD TO...



♥ HOW I CAN MAKE SPACE
FOR PEACE TOMORROW...



TODAY'S INTENTION FOR A GENTLE & MEANINGFUL ADVENT





BE PRESENT. CHOOSE JOY. SPREAD KINDNESS. HOLD HOPE. ♥





PREPARING MY HEART *for Christmas*

Use this space to reflect, set intentions &
create a Christmas that feels meaningful to you.



I WANT MORE OF...



I WANT LESS OF...



PEOPLE I'D LIKE TO
SPEND TIME WITH...



WAYS I'D LIKE TO
SHOW KINDNESS...



THE TRADITIONS
I WANT TO PROTECT...



NEW TRADITIONS
I'D LIKE TO CREATE...



A GENTLE REMINDER TO MYSELF THIS ADVENT



PREPARE YOUR HEART. MAKE SPACE FOR WHAT MATTERS. ♥





ADVENT TRADITIONS to Try



Simple ideas to help you build meaningful moments each week as you count down to Christmas.



WEEK ONE

Hope

- ♥ Decorate the front door.
- ♥ Make orange pomanders.
- ♥ Start a new Christmas book.
- ♥ Light the first Advent candle.
- ♥ Enjoy a winter walk.
- ♥ Bake something simple.
- ♥ Watch the sunrise.



The little light we welcome today brings hope for all that is to come.



WEEK TWO

Peace

- ♥ Visit Christmas lights.
- ♥ Write Christmas cards.
- ♥ Enjoy a cosy movie night.
- ♥ Make hot chocolate from scratch.
- ♥ Listen to your favourite carols.
- ♥ Do something kind for someone.
- ♥ Take time to pause and breathe.



Peace grows in the quiet moments we choose to slow down.



WEEK THREE

Joy

- ♥ Bake together.
- ♥ Have a family game night.
- ♥ Make decorations together.
- ♥ Support a local business.
- ♥ Enjoy a festive breakfast.
- ♥ Read a Christmas story aloud.
- ♥ Take a moment to laugh.



Joy is found in time together and the simple things we enjoy.



WEEK FOUR

Love

- ♥ Watch a favourite film.
- ♥ Light candles in the evening.
- ♥ Read by the Christmas tree.
- ♥ Prepare something with love.
- ♥ Spend time with people you love.
- ♥ Reflect on the season so far.
- ♥ Make Christmas Eve special.



Love is in the little things that make this season magical.



OUR OWN TRADITIONS



Traditions we already love and want to keep...

- ♥
- ♥
- ♥
- ♥

New traditions we'd like to try...

- ♥
- ♥
- ♥
- ♥

Memories we want to make this year...

- ♥
- ♥
- ♥
- ♥

TRADITIONS DON'T HAVE TO BE GRAND TO BE MEANINGFUL.



ADVENT

Kindness Calendar

24 simple acts of kindness to bring joy,
spread love & make this season brighter
for everyone around you.

1

Leave a
positive review
for a local
business.



2

Donate a
warm coat or
blanket.



3

Send an
encouraging
message.



4

Bake
something
for a
neighbour.



5

Let someone
go ahead of you
in a queue.



6

Thank
someone who
often goes
unnoticed.



7

Donate to a
food bank.



8

Offer to help
someone with
a task.



9

Pay for
someone's
coffee.



10

Leave a kind
note for a
loved one.



11

Pick up
litter in your
neighbourhood.



12

Share
something
you love.



13

Give someone
a genuine
compliment.



14

Check in on
someone who
might be
struggling.



15

Donate
toys or books
to a child.



16

Hold the
door open
for others.



17

Bring joy
with a small
surprise.



18

Spend time
listening to
someone.



19

Share a
festive treat
with a
colleague.



20

Leave a happy
note in a
library book.



21

Help
someone carry
their bags.



22

Make
someone
laugh.



23

Send a
Christmas card
to someone
special.



24

Do
something
kind just
because.



Kindness is a gift
everyone can afford
to give.



How kindness felt throughout Advent...



A moment of kindness I received: _____

A moment of kindness I gave: _____

How kindness made me feel: _____

How I want to carry kindness into the new year: _____

SMALL ACTS. BIG IMPACT. A KINDER WORLD STARTS WITH YOU. ♥



ADVENT

Memories & Moments



The little moments, cosy memories & quiet joys
of Advent are the ones we treasure most.
Use this space to capture them.



MY FAVOURITE ADVENT MOMENT...



A TRADITION WE LOVED...



SOMETHING THAT
MADE ME SMILE...



THE COSIEST DAY...



SOMETHING NEW
WE TRIED...



A MEMORY I'LL CARRY
INTO CHRISTMAS...



A NOTE TO MY FUTURE SELF...





MAY THE MEMORIES YOU MAKE THIS ADVENT FILL YOUR HEART WITH JOY & GRATITUDE. ♥

