

## Winter Solstice Journaling Prompts

1. What has this past year taught me about resilience, rest, and surrender?
2. Which emotions or experiences from the year feel ‘unfinished,’ and what do they need from me?
3. What part of my life feels ready to be released into the darkness.
4. What inner shadows or fears am I ready to face with honesty and compassion?
5. How has stillness shown up in my life recently? What has it revealed?
6. What habits, beliefs or patterns feel heavy and no longer align with who I am becoming?
7. What expectations of myself am I ready to release before the new year begins?
8. Who or what am I forgiving —gently and without pressure?
9. What are three things I’m finally ready to lay down and walk away from?
10. What new energy or intention do I want to invite as the light begins to return?
11. What qualities do I want to embody in the coming year (calm, strength, joy, softness, confidence)?

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12. What does “inner light” mean to me right now?
  13. How can I become a warmer, gentler place for myself?
  14. What would a brighter, more aligned version of my life look like?
  15. What goals or dreams feel seeded within me waiting for their moment to grow?
  16. If I imagine my next season as a new story, what is the opening chapter?
  17. How do I want to feel when spring arrives?
  18. What small rituals or habits can I begin now that will support my future self?
  19. What winter rituals make me feel safe, grounded and comforted?
  20. How can I bring more slowness and mindful presence into my everyday life?
  21. What does my ideal winter sanctuary look and feel like?
  22. What can I simplify, declutter, or pause during this season of rest?
  23. What moments from this year am I deeply grateful for— even the quiet or unexpected ones?
  24. Who brought light into my life this year, and how can I honor that?
  25. What gentle beauty can I find in winter that I often overlook?

26. What intuitive nudges have I been ignoring, and what might happen if I followed them?
27. What creativity wants to emerge now that everything else has slowed down?
28. In what ways am I stronger, wiser, and more aware than I was last winter?
29. What identity am I ready to grow into as the days lengthen again?
30. What is one word I want to carry with me from the Winter Solstice into the new year?



