

# Winter Alignment Kit 2019



In the Northern Hemisphere, today is Winter Solstice. It is the day that Winter officially begins, and it's the darkest day of the year.

Winter invites us to slow down and restore.

Welcome to Winter!

What is possible for you in Winter?

## The Invitation of Winter: Restore



In Winter, nature is resting and restoring its energy from the growth season.

We are like nature. We experience growth seasons, and then there are times when we need to give ourselves permission to restore our energy, and to refill our reserves.

The energy of Winter season can support us in this restoration process.

What restores you?

What is your life inviting you to, in this season?

How can the energies of Winter support you in this invitation?

## Questions



Questions, when held lightly and curiously, are like doorways to our souls.

Just by merely holding questions in our heart, they begin to answer themselves in right timing.

What are your questions about your life right now?

What are your questions about yourself?

## Create and Enjoy Cozy Spaces



The cold and storms of Winter invite us to enjoy the gift and feeling of coziness.

One way to enjoy Winter is to create and enjoy cozy spaces in your home.

What is “cozy,” for you?

How can you invite a feeling of coziness into your life and home?

How will more “cozy” help you restore your energy?

## Replenish Your Energy



Like nature, our lives move in cycles. After busy periods, we often want and need to replenish our energy reserves.

Check in with your energy level.

How much fuel is in your “tank”?

Do you feel filled, or are you running on empty?

How do you replenish your energy?

Think about physical, mental, emotional and spiritual practices that restore you.

How can you allow this Winter season to support you in refilling your energy reserves?

## Incubate New Ideas



Seeds lie dormant in Winter, as they wait for conditions to be right for them to germinate in the Spring.

Winter can be a time for you to consciously let new ideas or projects incubate so that in the Spring you will have the reserves to move into them with renewed energy and enthusiasm.

Look out on the horizon of your life.

What new ideas or projects can you see, that may just be tiny seeds of potential right now?

What will be incubating in your life and your soul over Winter?

## Return



Return to the first page, and re-read all of your answers to all of the questions, with an open and curious mind, and a compassionate heart.

What are the themes that you see throughout the pages?

What has become clear for you?

What is your life inviting you to, in this Winter season?

What actions or commitments are you inspired to, as a result of your reflections?



Thank You



Winter invites us to slow down and restore.

I invite you to explore and enjoy the Winter season.

Thanks for taking the time to do the reflections in the Winter Alignment Kit. I hope that you have enjoyed them.

Please always feel free to get in touch with me to let me know about your experience with these kits.

With much love,  
Lynne

Professional Certified Coach  
[lynnefairchild@earthlink.net](mailto:lynnefairchild@earthlink.net)