

Midwinter Gratitude Reflection



Breathe before writing.

Close your eyes.

Hands on your belly.

3 deep breaths.

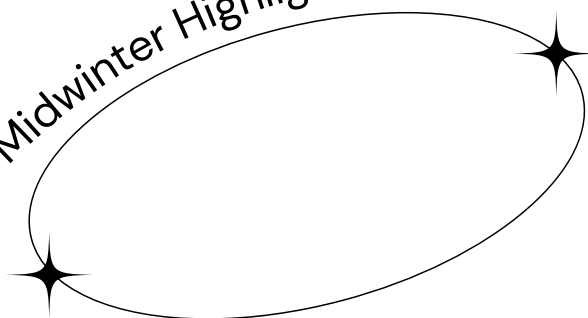
3 best things about Midwinter

Reasons I am grateful right now



if Midwinter was a drawing:

Midwinter Highlight



Reasons I look forward to Spring

Kind words to say to myself this season
