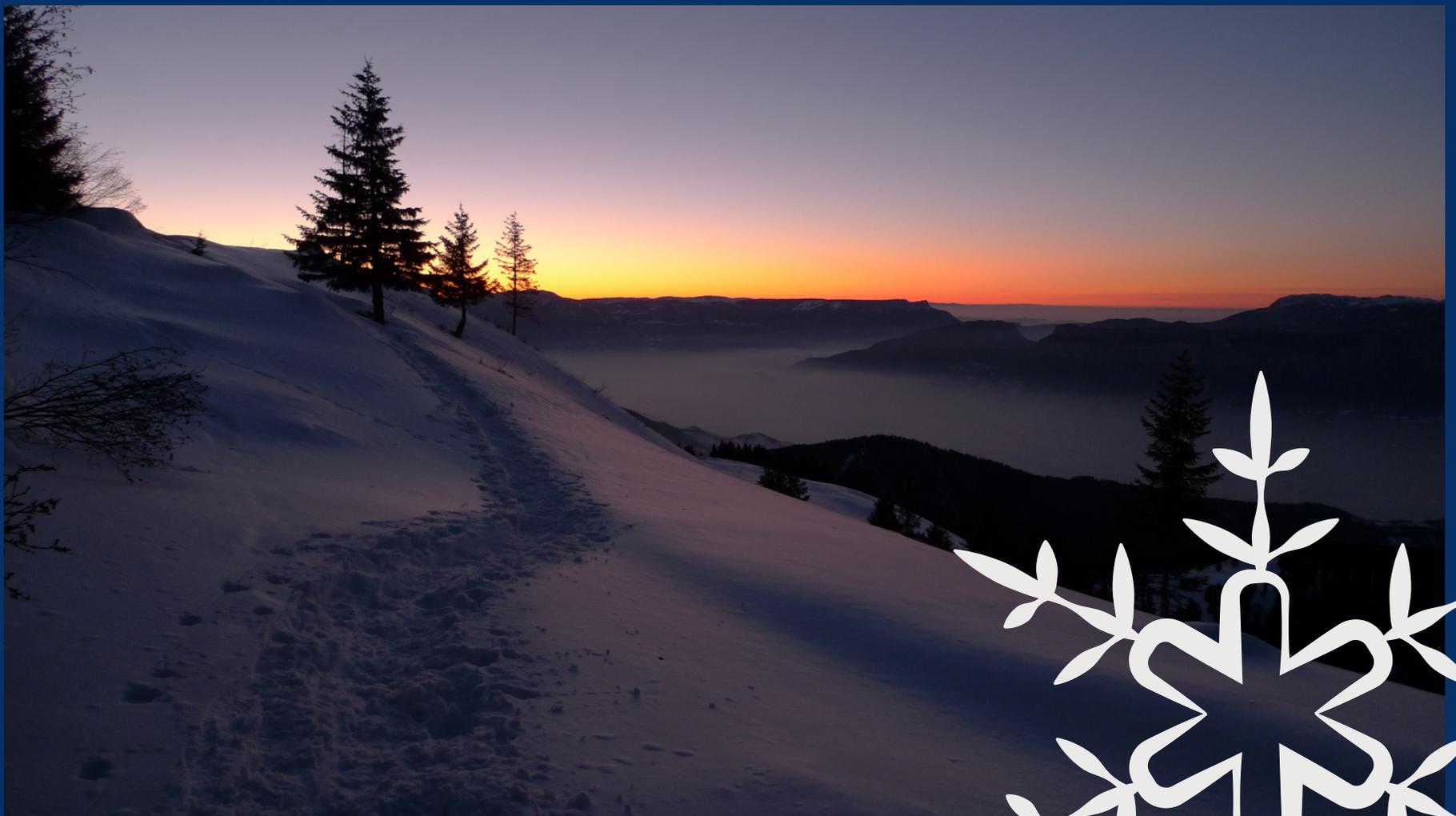


WINTER SOLSTICE

REFLECTION GUIDE



Pause to reflect on 2021. This was the year we entered with questioning and curious hopefulness. Would it be better than 2020? Would life go back to "normal?" Would we take this opportunity to make change in our world? Would we really be okay? Would our families be okay?

**GROUND YOURSELF IN THE SECURITY OF THIS
MOMENT. YOU ARE SAFE RIGHT NOW. YOU CAN NOW
LOOK BACK FROM A POSITION OF SAFETY AND
COMFORTABLY REFLECT.**

DESCRIBE 2021 USING AS FEW WORDS AS POSSIBLE. 2021 WAS....

IN 2021, WE TRAVELED THROUGH NEW TERRAIN AND
NAVIGATED CHALLENGING WATERS. WE HAVE NEVER
HAD A YEAR EXACTLY LIKE THIS.

**HOW DID THIS YEAR PUSH YOU PAST YOUR COMFORT ZONE? WHAT
ARE SOME CHALLENGES YOU FACED?**

THE PANDEMIC CAUSED EVERYONE TO REFLECT ON
LIFE AND THE STATE OF THE WORLD IN DIFFERENT
WAYS. HOW DID THIS CHANGE YOU?

**DESCRIBE HOW YOU GREW AS A PERSON THIS YEAR OR DURING THE
PANDEMIC.**

WHAT TOOLS, RESOURCES, OR PEOPLE HELPED YOU THRIVE? *WHAT* COMMUNITY KEPT YOU GOING? TO WHOM DO YOU OWE GRATITUDE?

LIST OUT THE PEOPLE, BOOKS, MOVIES, MUSIC, PROGRAMS OR CLUBS, PODCASTS, OR APPS THAT HELPED YOU BE YOUR BEST SELF.

ALTHOUGH 2021 WAS AN UNPRECEDENTED YEAR, NOT ALL OF IT WAS BAD. WHAT ARE SOME THINGS FROM THIS YEAR YOU WANT TO CARRY FORTH IN 2022?

CONSIDER SOME OF THE POSITIVES YOU EXPERIENCED IN 2021.

THIS YEAR PUSHED US TO THE LIMIT. WHAT ARE SOME
BOUNDARIES YOU WANT TO SET FOR THE FUTURE
BASED ON YOUR EXPERIENCES THIS YEAR?

**WHAT ARE SOME THINGS YOU NO LONGER DESIRE TO CARRY IN YOUR
LIFE - PEOPLE OR PRACTICES THAT NO LONGER WORK FOR YOU.**

ALLOW WHATEVER PAIN AND TURMOIL YOU ARE STILL HOLDING FROM THIS YEAR DISSOLVE. IMAGINE 2022 AS YOUR BEST YEAR EVER. GIVE YOURSELF PERMISSION TO IMAGINE YOUR WILDEST DREAMS. (IT'S OKAY TO BE HOPEFUL!)

WHAT WOULD YOU LIKE TO DO OR BE OR FEEL IN 2022 THAT WOULD EXCITE YOU, DELIGHT YOU, OR CAUSE GREAT JOY. DREAM BIG!

YOU LIKELY HOLD LIMITING BELIEFS THAT COULD PREVENT YOU FROM ACHIEVING YOUR DREAMS. REFLECT ON WHAT THOSE ARE. WHERE DO YOU NOT FEEL GOOD ENOUGH AND WHERE DOES IT FEEL GOOD TO PUSH YOURSELF TO GROW?

LIST OUT THE LIMITING BELIEFS AND "NOT _____ ENOUGH" THAT ARE HOLDING YOU BACK. WHERE DO THEY COME FROM? HOW CAN YOU UNDERMINE THEM TO SEE YOUR POSITIVES?

WINTER IS A TIME FOR REST AND RECOVERY. OBSERVE HOW NATURE RESPONDS TO THE LOW LIGHT AND COLD. SET AN INTENTION FOR YOUR WINTER. HOW CAN YOU USE THIS TIME TO SLOW DOWN AND HEAL?

SET AN INTENTION FOR YOUR WINTER USING WORDS, PHRASES, OR WHATEVER FEELS RIGHT TO YOU. LIST OUT SOME WAYS YOU CAN USE THE WINTER TO SLOW DOWN AND TAKE CARE OF YOURSELF.

TAKE A MOMENT TO SLOW DOWN. CONSIDER HOW
2021 PUSHED YOU AND USE WHAT YOU LEARNED
DURING THIS TRANSITIONAL TIME TO SET UP A PLAN
FOR A BETTER FUTURE.

Milk Glass Home is a blog about simple, intentional living. We aspire to live within our means and cultivate our homes as places for reflection, growth, and community. It is written by Rachael McKennon, a wife and teacher who loves gardening, refreshing old furniture, and old mixing bowls.

She created this to help process her own experiences of 2021 and invites you to find any questions or prompts that excite you!

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milkglasshome.com