

# Winter Alignment Kit 2021



Today is Winter Solstice in the Northern Hemisphere. It is the day that Winter begins.

One of the energies of Winter is Going Inward.

Nature is in dormancy in Winter. Winter, in nature, is a time of restoring, and of gathering in resources for the next growth period in the Spring.

For this Winter's Alignment Kit, I'm inviting you to go inward and ask yourself some of The Big Questions of life.

Winter can be a wonderful time to take stock of our lives.

## The Invitation of Winter: To Go Inward



What does your inner wisdom have to tell you?

Our lives are so busy that we rarely make time to step back and reflect on the bigger life questions of meaning, fulfillment, and joy.

Perhaps this winter will be an opportunity for you to take stock.

As you ask yourself The Big Questions, don't put any pressure on yourself to come up with the Right Answers, because there aren't any. There are only the answers that come up for you now. They will change over time. They may even change tomorrow.

Allow yourself to relax and let the answers come to you spontaneously from within. Write your first thoughts. And if they don't come right away, no worries. Just put your Kit away and bring it out for reflection when you are guided.

**How do you best connect with your inner wisdom?**

**What might change for you if you gave yourself the gift of taking stock of your life this Winter?**

## Your Questions



Questions, when held lightly and curiously, are like a reflection of our souls.

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

**What are the questions that you have about your life right now?**

**What are the questions that you have about yourself?**

## What Matters



**What really matters to you, in your life?**

**What matters in the way that you live your life?**

Now that you have reflected on **what matters...**

**How much are you respecting that wisdom in the choices you make in your everyday life?**

**How can you honor what matters even more, in your everyday life and choices?**

**What are the actions you'd like to take, to experience more of what matters in your life?**

## Fulfillment



**What fulfills you, or satisfies you, or has you feeling content?**

**What fills you up?**

Now that you have reflected on **what fulfills you...**

**How much are you respecting that wisdom in the choices you make in your everyday life?**

**How can you honor what fulfills you even more, in your everyday life and choices?**

**What are the actions you'd like to take, to experience more fulfillment or contentment in your life?**

Joy



What gives you joy?



Now that you have reflected on **what gives you joy...**

**How much are you respecting that wisdom in the choices you make in your everyday life?**

**How can you cultivate what gives you joy even more, in your everyday life and choices?**

**What are the actions you'd like to take, to feel joy more, in your life?**

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

**What are your intentions?**

**What do you want to trust, as you move through this Winter?**

# Thank You



Of all the seasons, Winter is the one that most inspires us to Go Inward.

I hope that you will give yourself some time and space this Winter to go inward and reflect on the important questions of your life.

Of course, What Matters, Fulfillment, and Joy are only three of the important questions of our lives. There are many more.

**What are your important questions, about your life?**

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, or to explore the possibility of life coaching around The Big Questions of your life.

With much love, and many blessings,

Lynne

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