

Winter Alignment Kit 2025



Today is Winter Solstice in the Northern Hemisphere. It is the shortest day of the year.

Welcome to Winter.

In Winter, Nature is dormant. The definition of dormant, from Oxford Dictionary, is “the state of having normal physical functions suspended or slowed down for a period of time.”

For Nature, dormancy is a period of restoration: a rebuilding of resources, and preparing for new growth in the Spring.

For us, it can be the same.

Winter can be an invitation for us to slow down and reflect, renew, and re-vision ourselves and our lives.

Before we begin to explore our restoration, let’s check on your experience with the Autumn Alignment Kit, which was about Tending the Soul.

How did you tend to your soul, during Autumn?

The Invitation of Winter: Restoration



We can take our cues from Nature, as it slows down in Winter to restore.

It is really important to carve out some time in the midst of the busy pace of our lives to restore ourselves.

If we don't consciously do this, it often just does not happen.

Even if we have a daily spiritual practice, it can be rewarding and helpful to step back from the day-to-day to look at the bigger picture of ourselves and our lives.

In this Winter Alignment Kit, I will invite us to :

- Reflect on what's most important to you, and how you are honoring it
- Renew yourself so that your energy is restored.
- Re-vision, to discover what is opening up for you.

We have an opportunity to prepare ourselves for the new growth that will beckon us in Spring

What wants or needs to be restored in you?

Reflect



At Winter Solstice, we are close to the end of the calendar year, so it's a natural time to step back from the busy-ness of our lives to reflect.

What is most important to you in your life?

In who you are being:

In your relationships and connections:

In your activities and commitments:

What else is important to you?

In this last year, to what extent have you been honoring and fulfilling what's most important to you?

Please reflect with love and self-compassion, receptivity and openness. No judgement. 🤗

Renew



In Winter, Nature slows down and renews its resources.

We also have an opportunity to renew.

What, in you, wants or needs renewing?

(Physically, Emotionally, Mentally, Spiritually)

What would be the impact if you honored a commitment to yourself to tend to your renewal this Winter?

What might that renewal look like?

What can you commit to?

Re-Vision



An essential part of Nature's work in Winter is to prepare for the growth that is coming in the Spring.

In addition to renewal, we can use the slower rhythm of Winter to look ahead to our Springtime, and to sense what is opening up for us.

What is opening up for you?

This may be just a sense for you at this time, without any details.

Who are you becoming in the next leg of your life journey?

What does your soul long for?

Perhaps it's something generative like creativity, learning, or Or maybe it's a quality like peace, inspiration, or vitality.

How can you create the environment for these things to flourish as Winter opens to Spring?

Return



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

What do you understand now, about restoration?

What has become clear for you?

How do you want to honor your need to restore?

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

Thank You



I invite you to reflect, renew, and re-vision this Winter. The rhythm of Winter can support you.

I hope that this conversation with your soul has inspired in you a desire to care for yourself in a way that restores you.

With love and many blessings,

Lynne

[Lynne Fairchild, PCC, MBA](#)

Professional Certified Coach