



Winter Rituals

WORKBOOK

Take a moment to reflect
upon the challenges & gifts
winter bestows upon us.



When the light returns,
what would you like to
return with it?



A ritual for:

Intention of ritual:

Where:

When:

Time:



Elements evoked (earth, air, fire, water):

Engaged Senses (choose one or more):

-Something beautiful to look at:

-Something delicious to taste:

-Something grounding to listen to:

-Something pleasing to touch:

-Something inspiring to speak:

-Something delightful to smell:

Materials required:

THE RITUAL:

Begin with:

End with:



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