

Winter Solstice Cheat Sheet



✧ Time to pause, refresh and rest

Celebrates the shortest day of the year in regards to sunlight

Take time to reflect on the year past, give thanks for what you were blessed with

Release what no longer serves you as you move forward in the new year

Write down your new year intentions, what you want to manifest on small pieces of paper, roll & hold within a pinecone. On the night of the Winter solstice burn the pinecone and release into the universe.