

# 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.