

# February Winter Reflection

## Journaling

Ordinary & *Happy*

S	M	T	W	T	F	S
1 Things that have become clear to you this winter.	2 How time has felt different in winter.	3 Sounds that have defined winter.	4 Changes you've noticed in the sky.	5 Nature that has still thrived despite the cold.	6 Beautiful feats of nature you've noticed.	7 Times you've noticed light through the grey and dark.
8 What has brought warmth into ordinary days.	9 How you've navigated cold days.	10 Moments of closeness with others.	11 Familiar comforts that have helped you through winter.	12 Spaces that have felt welcoming this season.	13 Simple ways you've cared for others.	14 What love looks like for you in winter.
15 Habits that have changed this winter.	16 How this winter has compared to past ones.	17 Times you've seen positive results from showing patience.	18 Positive changes you've noticed in yourself.	19 What you've been open to this winter.	20 Who you've relied on in winter.	21 Beautiful memories you've made.
22 Patterns that have repeated themselves in winter.	23 What feels essential when life is a little slower.	24 Moments you've shown resilience.	25 How you've made the most of your home.	26 What has remained a constant in your life through winter.	27 Moments winter has brought loved ones together.	28 What you're proud of from this past winter.