

Ten Questions to Ask Yourself in Winter

- Am I conserving or spending my resources?
- Am I listening deeply – to nature, to myself, to others?
 - Am I keeping warm on the inside?
 - Am I eating foods that serve my life?
 - Am I practicing stillness?
- Am I fighting the cold and the darkness?
 - Am I going and looking within?
- Am I taking plenty of time to sit and watch nature?
 - Am I moving in slower, quieter ways?
 - Am I getting enough sleep consistently?
 - Am I hoarding, rather than preserving?
 - Am I acknowledging my shadows?
 - Am I saying “enough”, and “no”?
- Am I remembering winter’s amazing beauty?
- Am I remembering I *am* winter – to *be* winter?
 - Am I remembering my power?
- Am I remembering spring will arrive soon enough?

Prepared by Becky Thoroughgood, L.Ac.

