



WINTER INTENTION & SPRING RESET GUIDE

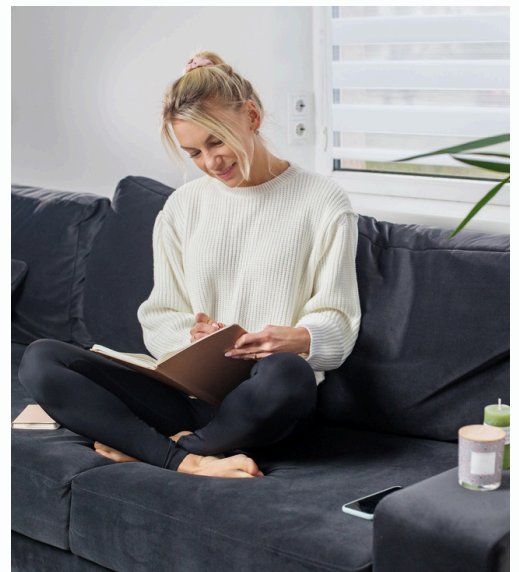
🌙 WINTER INTENTION PRACTICE (10–15 MINUTES)

1. Create Stillness (2 minutes)
Sit comfortably. Place one hand over your lower back (Kidney area). Breathe slowly and deeply.
2. Reflect, Don't Resolve (5 minutes)
Use the journal prompts below.
3. Choose Your "Winter Word" (2 minutes)
Examples: Rest, Restore, Heal, Simplify, Protect, Nourish, Soften, Rebuild.
4. Set a Seed Intention (3 minutes)
Write:
"This winter, I am allowing myself to _____."



🖋️ WINTER JOURNAL PROMPTS

- What drained my energy this past year — and what restored it?
- Where am I pushing when my body is asking for rest?
- What would nourishment look like for me right now?
- What am I ready to release before spring?
- If I honored my body's natural rhythm, what would change?





balanced energy
wellness



SPRING RESET FRAMEWORK

When spring comes, let your intentions
flourish

Set at least one habit, one boundary and one
action step to support your intentions.

5 Examples of Spring Habits (Aligned with Liver/Wood Energy)

- Morning movement – gentle stretching, walking, or qigong to move Qi.
- Earlier bedtime – supporting Liver blood and overall energy.
- Seasonal eating – adding greens, sprouts, lemon, and lighter meals.
- Daily planning ritual – 5 minutes each morning to set priorities calmly.
- Hydration + herbal support – warm lemon water, liver-supportive teas.



5 Healthy Boundaries to Pair with Those Habits

- Work boundary: No emails or work tasks after a set evening time.
- Emotional boundary: Limiting time with draining people or conversations.
- Time boundary: Scheduling rest like an appointment – non-negotiable.
- Technology boundary: No phone for the first 30 minutes of the day.
- Body boundary: Saying no to activities when tired or overwhelmed.





👣 5 Action Steps That Support Change

- Schedule one wellness appointment or check-in for the season.
- Prepare your space – clean, declutter, or refresh one room.
- Choose one habit to focus on for 30 days only.
- Tell someone your intention – accountability increases success.
- Track progress gently – not with pressure, but with awareness. water, liver-supportive teas.



🌟 Example in Action

Winter Intention: Restore

- **Habit:** Gentle movement 5 days a week
- **Boundary:** No overbooking evenings
- **Action Step:** Book monthly acupuncture or bodywork (healing focused self-care)



My Thoughts:

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