



## Journal Prompts for Winter Solstice: The Space Between 2018 and 2019

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Winter Solstice - Friday, December 21st, 2018  
Sun in Capricorn (5:23 PM ET)  
Moon in Gemini

Winter solstice marks the shortest period of daylight and longest night of the year. It's winter's midpoint, from which the days get longer and brighter. For now though, the earth is in deep restoration mode.

As nature pauses before turning the page on the darkest half of the year to begin the lightest half, WE are invited to do the same, for ourselves. Solstice is a time to slow down, to reflect, and tune into the mind and body. The retreating sun is nudging us to turn toward our inner light, after all. What is already glowing inside us? What might be ready to blaze when the snow melts?

The opportunity of solstice isn't about inactivity, but of creative incubation. Robin Rose Bennett writes, in *Healing Magic: A Green Witch Guidebook to Conscious Living*;

*'Life is conceived in the dark womb of the Great Mother at this time. The roots and seeds of the plants and trees are asleep under the ground, storing their energy, waiting for rebirth. Winter solstice, therefore, is the peak of the power of darkness - an opportunity for resting, dreaming, conceiving new life.'*

What gifts does solstice has for you? Find out by turning inward. I hope these prompts help you step consciously into the space between dark and light, reflect, and dream.

\*A note on my process: The tarot card I pulled for guidance before I wrote this was the Queen of Wands; the fiery queen who reminds us that we don't ever need to apologize about being in our power. She is an intuitive leader, a mystic, a rebel, a charmer, a warm friend and wise, loving confidant. She has nothing to hide. As you write your answers to these prompts, I invite you to allow all parts of you to the table; the messy, the resistant, the incomplete. Allow yourself to be whole.



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### **Prompts for reflecting on the past year...**

The overall theme of the past year was:

Some of the most profound moments of 2018 involved: \_\_\_\_\_ (list themes, people, energies, etc.)

What did you prove to yourself that you are capable of?

What did you learn about what you need to take care of yourself?

What did 2018 show you that you don't want? List any relationship dynamics, responsibilities, or habits that come to mind.

What new parts of yourself did you uncover? What did these parts or part have to teach you?

Where was 'home' in 2018? List and describe all the places, physical or otherwise that provided a sense of home.

What thoughts or mantras supported you?

How did you support others?

### **Prompts for looking forward to the year ahead...**

Who is the person you are stepping into 2019 as?

What incredible experiences would blow your mind in 2019? List as many as you can.

What do you know for sure about what you truly want for the upcoming year? What would make you feel like the year, when all is said and done, that it was a success?

What protection do you need in the year ahead? (Physical, mental, emotional, spiritual - list all that apply).



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What is your human support system missing? Consider community, education, spiritual, health supports, etc.

What boundaries will serve you as you step more fully into your power in 2019?

What investments will you make in yourself? Consider how and what you want to grow, and what that might require you to give.