WINTER WELLNESS





Getting through the darker days

Many go abroad during the winter days and that is fine. Not all seasons suit everybody and hate the colder weather.
I am not a fan of heat waves so for me it suits me as I like to chill and it makes me feel cosy.
Winter Wellness is set up to help get you through the darker days and great excuse to slow down and enjoy your home and spend time with those you love, including those who are living on their own.
So I hope this helps you through the winter blues.

Setting Good Winter Habits

So for me it is more reason to do more reading and there are many a reading groups or winter walks with friends and family.
One thing I enjoy this time of year is a market and having a Winter cider or a Mulled wine with Snowball or Hot Chocolate and having a Winter Coffee morning.
I love looking out in the garden and watching some sport.
My son has rugby on Sunday Mornings and so like to wrap up with a coffee in my hand.
So make a habit into a ritual or yearly tradition.

Finance

I use Winter as a good time to save and do no spend days and get my finances on track and also I do have a lot of birthdays leading up to Christmas and half term so it makes sense to save time going through my finances. I use excel for mine and go through what I have spent each month.
So spend time checking your finances and I write a spending plan for each month with details of the regular things I spend my money on.

Winter Meals

A good meal can be so good for the winter and a great time to have a family meal watching a festive movie or go to a local pub and have a Christmas dinner or a festive coffee. So in this space is for you to fill in some good meals of what you'd like to have that is like a big hug. I love soup, pasta and a stews.



BOOKS AND READING

I HAVE A GOOD BOOK COLLECTION AND HAVE LINED UP BOOKS ON MY BEDSIDE CABINET OF THE ONES I WANT TO READ NEXT.

A GOOD BOOK FOR THE WINTER CAN REALLY HELP WITH THE SLUMP WITH WEARING LAYERS DUE TO THE HEATING BILLS, SLOW CHILL OUT MUSIC IN THE BACK GROUND, WITH A NICE HERBAL TEA, MINE FOR THE WINTER IS EARL GREY AND LOVE MY INSTANT COFFEE. OR A HOT CHOCOLATE.

SO JOT DOWN A READING LIST FOR THE WINTER.



EXERCISE

I LIKE TO WORKOUT AND GO ON WALKS AND I AM DETERMINED TO WORKOUT DURING THIS WINTER, BUT I HAVE OFTEN USED WINTER TO TAKE A BREAK FROM IT. DO WHAT YOU WANT. I LIKE TO WALK IN THE MORNINGS EVEN IN THE WINTER AND DO WEIGHTS AND OTHER HOME WORKOUTS IN THE AFTERNOON AND I KEEP IT SHORT AND NOT RUSH THROUGH IT. SO IF YOU WANT TO EXERCISE WRITE DOWN WHAT YOU'D LIKE TO DO.



TRAINING YOUR MIND

I LOVE LEARNING.
LISTENING TO AND WATCHING YOUTUBE VIDEO ABOUT WHY IT IS NOT GOOD TO BE LEARNING ALL THE TIME MADE ME THINK NO I LOVE LEARNING LIKE NOW, AS I PUT THIS WORKSHEET/PRINTABLE TOGETHER, LISTENING TO A PODCAST BY DAVID PARELL WITH GILLIAN FLYNN WHO WROTE GONE GIRL TALKING ABOUT HER JOURNEY AS AN AUTHOR AND NEXT GOING TO WATCH ANOTHER. WINTER IS GREAT TIME TO LEARN AND I ENJOY IT SO MUCH. THIS CAN BE A GREAT TOOL AND I LOVE LISTENING TO OTHERS AND WHO I AM AS A WRITER.
WINTER IS A GOOD TIME TO WRITE A BOOK, WHY NOT GIVE IT A TRY.



Winter conclusion

How was Winter to you?
What habits did you apply?
Do you feel better?

Use the space below to answer these questions
What would you change
that you didn't this time.?

ONE BIG THANK YOU

I REALLY HOPE THAT THIS PROGRAMME
I CREATED AND HAS HELPED YOU FEEL BETTER ABOUT WINTER.
IF YOU HAVE ANY FEEDBACK THEN PLEASE LET ME KNOW ON
EVERYONE CAN BUILD A CASTLE
WHERE YOU'LL FIND MY BLOGS.

NEXT IT WILL BE SPECIFICALLY PERSONAL DEVELOPMENT.

THIS WILL BE IN MARCH 2027
I WILL STILL BE POSTING MY CHEAT SHEETS.
IN JAN AND FEB I WILL NOT BE POSTING ANY BLOGS APPART FROM
MY CHEAT SHEETS AND NEWSLETTERS
SO SEE YOU IN MARCH X