Things to look forward to IN THE COLD MONTHS.

Do you find yourself bummed about the upcoming cold months? It's easy to just see it as another reason we can't get out and do the things we enjoy. Here's your compassionate challenge to shift your thinking and compile a list of great things/outlets you can actually look forward to this cold season! Follow the prompts or totally create your own. Let this be an inspirational list for the moments you need a boost!

Hobbies	Connections
Self-care	Projects

Activities	Things to notice/celebrate