

Winter Bucket List

1. Take a peaceful winter walk while noticing the quiet around you.
2. Make a warm drink and enjoy it without distractions.
3. Watch the snowfall from your window with calming music.
4. Have a cozy movie night with blankets and candles.
5. Write a letter to your future self for the next year.
6. Declutter one small area to create mental clarity.
7. Make or buy a new winter-scented candle.
8. Take a photo of your favorite winter moment.
9. Have a self-care night with a warm bath or shower.
10. Try a new soup or winter recipe.
11. Read a comforting book or journal for 20 minutes.
12. Do one random act of kindness.
13. Drive around to look at holiday lights.
14. Start a gratitude list for the winter season.
15. Spend time outside for five minutes to breathe fresh air.
16. Treat yourself to a seasonal drink.
17. Create a winter playlist.
18. Write down intentions you want to carry into the new year.
19. Make a small donation or give to someone in need.
20. Bake cookies or a winter treat.
21. Spend one evening without screens.
22. Organize a cozy corner in your home.

23. Try a grounding exercise or deep breathing session.
24. Have a winter photo day with family or friends.
25. Reflect on your biggest lesson from the past year.
26. Make a vision board for the new year.
27. Do something that makes you feel genuinely rested.
28. Start a new winter tradition.
29. Buy or make a winter craft.
30. Give yourself permission to slow down this season.