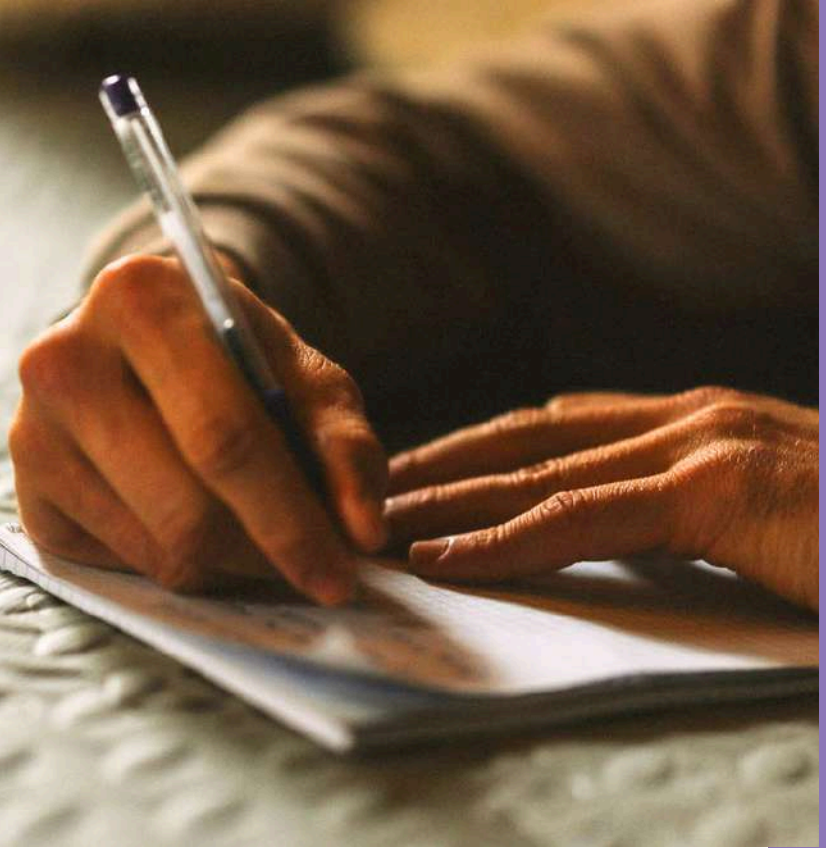
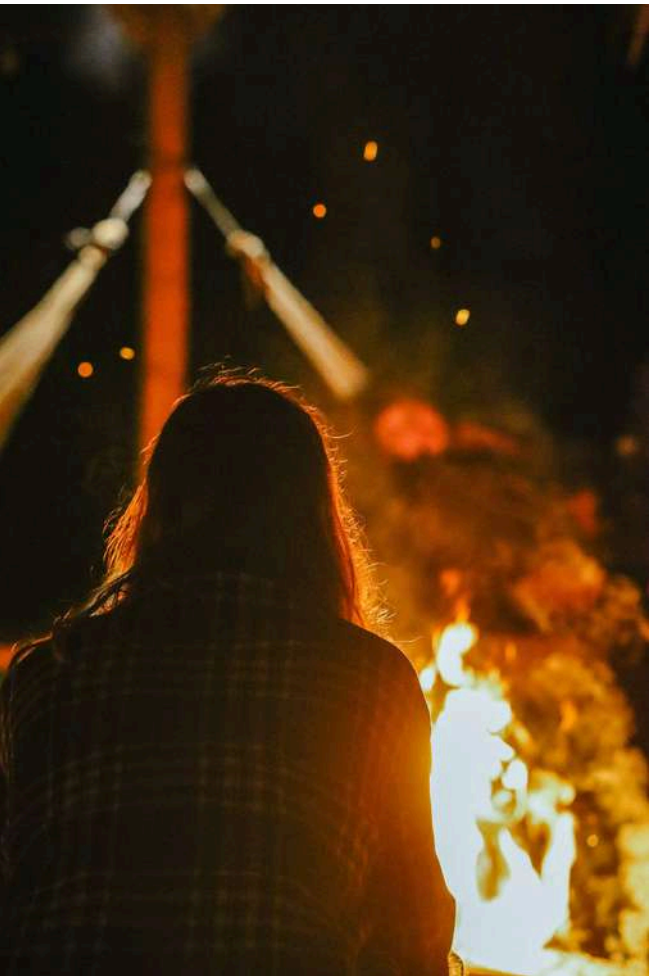


E+motion

WINTER WORKBOOK



"Winter invites us to slow down, listen deeply, and remember that even in stillness, something within us is quietly growing."



E+motion (Energy in Motion) is a seasonal well-being journey supporting mental, emotional, and physical balance during the winter months.

Through simple weekly invitations, gentle movement, reflection, and shared presence, participants are encouraged to move through winter in a more connected, intentional, and supported way.

Agency for International Programs for Youth Republic of Latvia

Co-funded by the European Union

SARVA

WELCOME

This is your winter companion for moving, resting, and growing inward

This workbook is a companion to the E+motion Winter Journey. It gathers weekly themes, reflections, and invitations into one place, allowing you to revisit the journey in your own rhythm, or return to it in future winters. This journey was shared by a community of people across different countries, each moving through winter in their own way, together.

This workbook is part of the E+motion project, co-funded by the Erasmus+ programme of the European Union.

Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the National Agency. Neither the European Union nor the granting authority can be held responsible for them.

Created by **Andri Flessigova** and **Ilze Ozola**, facilitators, trainers, and co-creators of E+motion. We lovingly hold this journey while walking it ourselves.

Initiated and coordinated by **SARVA** (Latvia)
Photos by Paula Cīrule

Project partners:
Lietuvos Skautija (Lithuania), Vitatiim (Estonia)
SKYE (Finland), EnvironMental (Netherlands)
DICE (Czech Republic), Fundacja Pracownia Insporacji Spolecznych (Poland)

OUR JOURNEY

TOGETHER

1

Winter asks a new approach

The world slows down. The light softens. And often, something in us begins to turn inward. This journey is an invitation to meet that space gently. You don't have to do it perfectly. You don't have to do it fully. Just showing up, in small moments, is enough.

2

What is E+motion?

A seasonal well-being journey created to support you through the winter months with more softness, awareness, and connection. Through simple weekly themes, reflection, movement, and shared presence, it invites to experience winter not as something to push through, but as something you can move with.

3

What is A.R.T.?

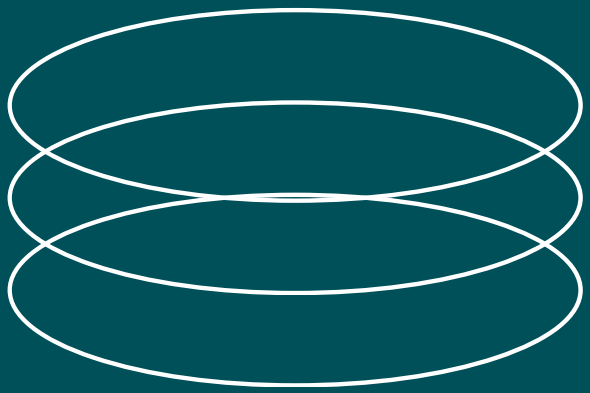
It is a gentle practice of balance.

Active: small, mindful movement that keeps energy flowing.
Rest: intentional slowing down, pausing, doing less.
Together: within the community, remembering that we are not alone.

4

Gentle agreements

As you move through this workbook, you are invited to:
- go at your own rhythm;
- do less, rather than more;
- meet yourself with kindness;
- stay curious instead of critical;
- rest when needed;
- skip anything that doesn't feel supportive.



energy in motion

HOW TO USE THIS WORKBOOK

take it as a guide

This is your companion for your winter journey. You can follow it week by week, or open it wherever you feel called.

Each section offers:

- a theme
- gentle invitations
- space to reflect and write

You don't need to do everything. You don't need to keep up.

Take what resonates. Leave what doesn't.

Return whenever you need.

This is not something to complete, it is something to experience.

01 **Wishes**

02 **Opening**

03 **Gratitude**

04 **Nature**

05 **Support**

06 **In between**

07 **Breath**

08 **Self-care**

09 **New**

10 **Listening**

11 **Noticing**

12 **Choice**



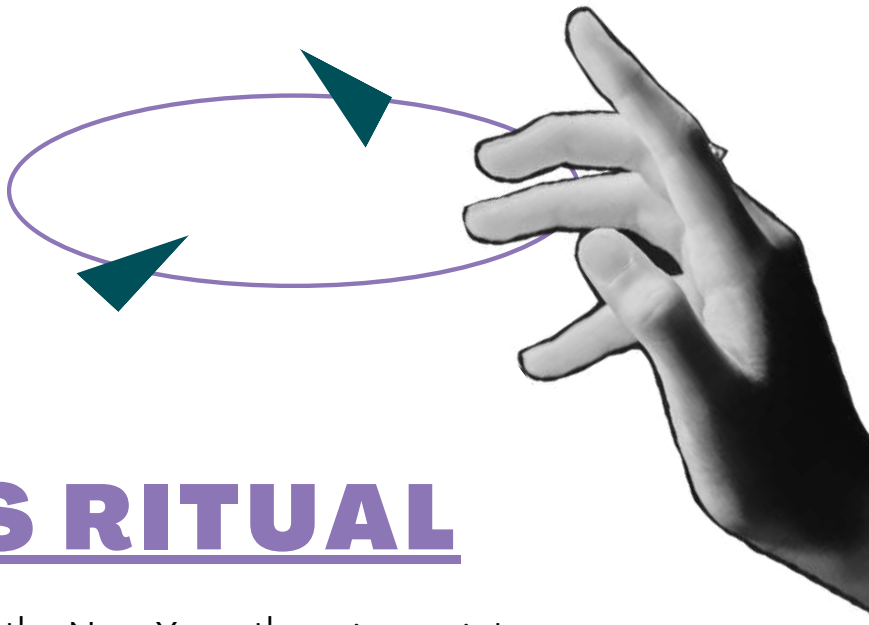
12 THEMES OF WINTER

LETTING GO. TRUSTING. BEGINNING.



A small ritual of release and intention.

01 WISHES



Let's start together

12 WISHES RITUAL

Between the Winter Solstice and the New Year, there is a quiet passage of days. A threshold. The light slowly begins to return, while we are still held in the depth of winter. This 12-day ritual is an invitation to move through this time with intention and trust. Each wish you write is not a demand, but a gentle seed placed into the unfolding year. Over these days, you will release most of them. And one of them will remain.

01.

WRITING WISHES

Create a small, quiet moment for yourself. You might light a candle, play soft music, or sit somewhere cosy. Take a breath. Arrive as you are.

Write down 12 wishes, one for each month of the coming year. Let them come softly.
They don't need to be perfect or clear. They can be simple, intuitive, even surprising.

Write each wish on a separate small piece of paper. Fold them, and place them together. You might keep them in a bowl, a jar, or an envelope, somewhere visible in your space.

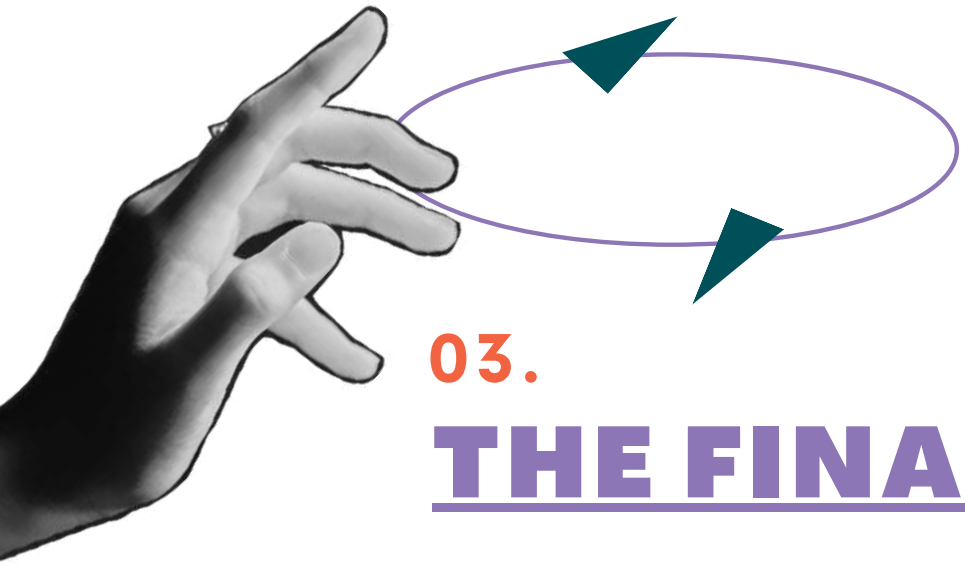
02.

THE 12 DAYS

We start on Winter Solstice (around 21st of December).

Each evening, after the day comes to a close, take one wish at random. Do not open it. Do not read it. Hold it for a moment. Then gently burn it in a little fire - offering it to the flame, and to the flow of life. You may burn it over a bowl of water, and afterwards return the ashes to the Earth outside, or to a plant in your home.

You may also take a sip of water, as a quiet gesture of nourishment.



03.

THE FINAL DAY

Over these 12 days, one wish will remain. On **January 1st**, you are invited to unfold it. To read it slowly. To sit with it.

And then, also burn it.
Yet this wish is different.

It is the one that stays with you.
The one that asks for **your** presence, your dedication and your car for your choices in the year ahead.

THE RITUAL

Winter teaches us that not everything needs to be held or controlled. Some things are released, some unfold on their own, and some ask to be gently tended over time.

This ritual invites us to step into the new year with intention and trust, without needing to know which is which.

Just staying present is enough.



02 OPENING

Opening is the willingness to soften, to make space, and to allow yourself to meet life with a little more presence, trust, and curiosity. What might be opening within you?

Take a moment before you begin.

Mark what feels the most true you today

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

JOURNAL PROMPTS FOR THIS WEEK

What feels like it is beginning in my life right now?

What is asking for my attention?

What am I curious about?

There are moments in life that don't arrive loudly.
They don't announce themselves with certainty or clarity.
They begin quietly, as a feeling, a question, a soft shift.

This week is an invitation to notice what might be opening within you.
Not to force it.
Not to define it too quickly.
Just to stay gently open.



1

Moment of reflection

Set aside a quiet moment just for yourself.
You may choose to explore the Year Compass or simply sit and reflect in your own way.
Let this be slow.
There is nothing to complete, only something to meet.

2

Awareness walk

As you move through your days, take a walk.
Notice:

- what draws your attention
- what feels new, different, or alive
- what is quietly asking to be seen

Let yourself observe without needing to understand.

3

One sentence a day

At the end of each day, write one sentence:
What is opening in me today?

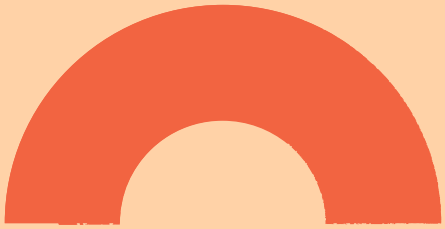
Keep it simple.
Even a few words are enough.

4

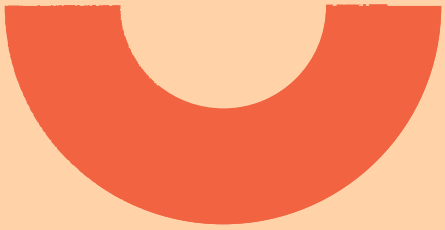
Witness your week

Capture one small moment from your week:
a photo, a thought, a feeling, a glimpse from your walk or movement.
Something you don't want to forget.
There is no need for it to be meaningful or deep.
Noticing is enough.

INVITATIONS



YOU DON'T NEED TO KNOW WHERE THIS IS GOING. OPENING IS ALREADY ENOUGH.



INTEGRATION

1

What did I notice?

2

What surprised me?

3

What do I want to stay open to?

4

I am leaving this week feeling:

03 GRATITUDE

Gratitude is the practice of noticing and appreciating the moments, people, and gifts that quietly support our lives each day.

Take a moment before you begin.
Circle what feels true today:

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

One word for this moment:

CONTINUE JOURNALING

Let your journaling be open and honest.
Not everything needs to be about gratitude.
Let whatever is present move through you.

Mini prompt that you can use daily:
Today, something that stayed with me was...



It is not forcing yourself to feel positive, not about ignoring what is difficult or pretending everything is okay.

Gratitude is a gentle shift of attention toward what is already here, quietly supporting you.

A breath.
A warm drink.
A message.
Your body carrying you through the day.

INVITATIONS

1

Three gratitudes a day

Each evening, pause for a moment and name three things you feel grateful for.
They do not need to be big, special, or life-changing. They can be simply, ordinary, almost invisible.
A warm cup of tea, a kind message, a quiet breath, a glimpse of light through the window.
Let yourself notice the small things.
Let them be enough.

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

2

100 gratitudes list

Write a list of 100 things you are grateful for.
They can be big or small, profound or beautifully ordinary.
This is not about finding perfect answers, but about gently training the heart to notice what is already here.

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Growing your gratitude list

Take your time. There is no rush.
Let the list grow slowly, one gratitude at a time.
You can add one, a few, or none on some days.

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INVITATIONS

3

Gratitude in the body

Take a moment each day to move gently:
a walk, stretching, breathing.
Then pause and ask:
What in my body feels supported right now?
Place a hand there.
Let gratitude be felt, not only named.

4

Gentle sharing

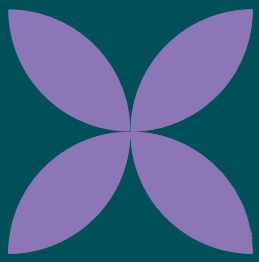
You may choose to share a moment of gratitude with someone.
A word. A message. A photo.
Not to impress, simply to connect.

5

Journaling

What feels supportive in my life right now?
What do I often overlook but could appreciate more?
How does gratitude feel in my body?

GRATITUDE IS A GENTLE PRACTICE OF NOTICING WHAT IS ALREADY HOLDING YOU



INTEGRATION

1

What was easy to feel grateful for?

2

What felt distant or difficult?

3

What shifted in me, even slightly?

4

I am leaving this week feeling:



04 NATURE

Nature reminds us that everything moves in cycles — rest and growth, darkness and light, letting go and beginning again. Nature is not something outside of us. We belong to it.

Take a moment before you begin.
Circle what feels true today:

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

One word for this moment:

JOURNALING PROMPTS

What is nature reflecting back to me right now?

Where do I feel most connected to the natural world?

What happens in me when I slow down enough to notice?

Even in winter when the trees are bare,
the ground is quiet,
and the colors feel softer
life is still moving.

This week is an invitation to remember that you are part of that movement.

To step outside.
To notice.
To feel.
Not to do more,
but to meet what is already here.

INVITATIONS

1

Step outside

Go outside each day, even for a few minutes.
Notice: What part of me resists going outside? What changes once I am there?
How does it feel to simply be in contact with the world?
This is not about doing, just about showing up.

2

Nature as a teacher

Observe something in nature.
A tree. A stone. The sky. The wind.

Ask yourself:
What is nature showing me right now?
Let the answer come in its own way.



3

Sit with the elements

Spend a moment with one element each day:
Earth · Water · Air · Fire
You might:

- sit on the ground
- listen to rain
- breathe with fresh air
- light a candle

Notice which element calls you.

4

Touch the living world

Touch what is around you.
Tree bark. Leaves. Stones. Soil.
Move slowly.
Notice:

- What do I feel in my body?
- What changes when I touch something alive?



NATURE DOES NOT RUSH. IT UNFOLDS IN ITS OWN RHYTHM. AND SO CAN YOU.

INTEGRATION

1

What moments stayed with me?

2

What felt grounding or supportive?

3

How are my relationships with the nature?

4

One thing I carry with me:



05 SUPPORT

Support is allowing yourself to lean into what holds, nourishes, and carries you — within yourself, others, and the world around you.

Take a moment before you begin.
Circle what feels true today:

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

One word for this moment:

Often, support is already here, quietly holding us.

In the ground beneath our feet.
In the breath moving through us.
In the people around us.
In the small structures of our everyday life.

And sometimes, support asks something from us too
to receive it,
to ask for it,
or to offer it.

This week is an invitation
to notice support in all its forms.

JOURNALING PROMPTS FOR THIS WEEK

Where do I feel supported in my life right now?

Where do I find it difficult to receive support?

What would it look like to allow more ease?

INVITATIONS

1

Movement as a support

Choose a gentle movement practice this week, a walk, stretching, slow dancing, yoga. As you move, notice:

- how the ground supports you
- how your breath supports your movement
- where you can soften instead of holding

Let movement hold you, not something you need to perform.

2

Asking for support

Choose one small, realistic way to ask for support this week.
It could be:

- asking someone to listen
- asking for help
- allowing yourself to rest
- saying "not today"

Notice what arises before, during, and after.

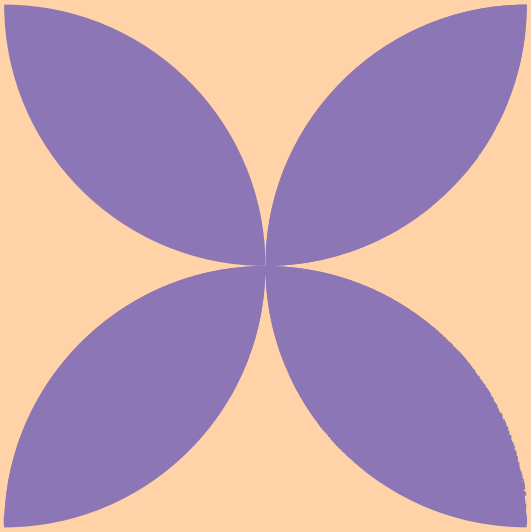
3

Support mapping

Map your current support system. You might explore:

- people (friends, family, community)
- practices (movement, journaling)
- structures (routines, boundaries, tools)

Then reflect:
Where could I allow more support in? What feels draining instead of supportive? What supports me right now?



4

Offering support

Offer one small act of support to someone.
A message. A kind word.
Presence. Listening.

Notice: How does it feel to give?

YOU DON'T HAVE TO HOLD EVERYTHING ALONE

**Support is not only something we give
or something we receive.
It is a quiet flow between the two.**

INTEGRATION

1

What kind of support did I notice most?

2

What felt new or surprising?

3

What would I like to continue?

4

One thing I carry forward:

06
IN BETWEEN



In-between is the space where we are no longer who we were, and not yet who we are becoming.
Not quite winter.
Not yet spring.

Take a moment before you begin.
Circle what feels true today:

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

One word for this moment:

JOURNALING PROMPTS FOR THIS WEEK

How does it feel to be in a space of "not yet"?

What am I learning from this slower phase?

What might be quietly preparing within me?

An in-between.
The light is slowly returning, but the landscape may still feel quiet, resting, or even frozen.
And something similar can live in us.

Not fully where we were.
Not yet where we are going.

This week is an invitation to rest in that space.

Without rushing forward.
Without needing clarity.
Just being here.

INVITATIONS

1

Clear a small space

Choose one small, simple act of clearing.

Open a window.
Clear a surface.
Shake out a blanket.
Make a little space around you.
Notice: What shifts inside me when I create space outside?

2

Move slowly

Let your movement mirror nature.
Slow stretching.
A gentle walk.
Pausing between actions.
Ask yourself:

- Where do I feel heaviness?
- Where do I feel lightness beginning?

3

Tend to your inner warmth

Choose one small way to stay warm physically, emotionally, or energetically.
A candle.
A warm drink.
A conversation.
A quiet creative moment.
Let it be simple.

4

Sit with the in-between

Take a moment to reflect or journal.

You might explore:
What part of winter do I still need?
What am I not ready to let go of yet?
What early signs of change do I notice in myself?


NOT
EVERYTHING
BLOOMS AT
ONCE

1

What did I discover about slowing down?

2

What felt difficult about being in-between?

3

What did I learn about patience?

4

I am leaving this week feeling:

INTEGRATION



07 BREATH

Breath is an anchor we can return to again and again. A quiet reminder that even in the midst of change, we are here, alive, and connected to the present moment.

Take a moment before you begin.
Circle what feels true today:

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

One word for this moment:

Your breath. Quiet. Steady.
Meeting you exactly where you are.

It doesn't ask you to change.
It doesn't rush you.
It simply moves in and out,
in and out.

This week is an invitation
to come back to that rhythm.

Not to control your breath,
but to notice it. To let it guide
you back into presence.

JOURNALING THEMES

What happens when I slow down enough to notice my breath?

Where in my life do I feel like I am "holding my breath"?

What might help me soften or exhale more fully?

1

Notice your breath

Take a few moments each day to simply notice your breath.
No need to change it.
Just observe:

- where you feel it in your body
- how it moves
- how it feels

2

Soften the exhale

At least once a day, gently lengthen your exhale.

Nothing forced. Just a soft extension.
You might notice:

- your body settling
- your mind slowing
- a small sense of ease

3

Breath + movement

Let your breath guide a simple movement.
A stretch.
A walk.
Raising your arms on an inhale, lowering on an exhale.

Move with your breath, not against it.

4

A mindful minute

Take 1–5 minutes each day to sit in stillness. No phone. No input.

Just you and your breath.

It might feel calm.
It might feel restless.
Both are welcome.

INVITATIONS

ONE BREATH IS ALREADY ENOUGH TO COME BACK TO MYSELF

1

What did I discover about my breath?

2

When did I feel most present?



3

What would I like to continue?

4

I am leaving this week feeling:

INTEGRATION

08
SELF-CARE

A practice of meeting yourself with gentleness, listening to what you truly need, and allowing rest and nourishment to have a place in your life. A quiet way of saying: **I matter.**

Take a moment before you begin.
Circle what feels true today:

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

One word for this moment:

JOURNALING PROMPTS FOR THIS WEEK

Where in my life am I over-giving?

What does "enough" feel like for me?

What kind of care am I ready to offer myself?



Self-care is not something we earn when everything else is done.
It is not a reward.
It is a foundation.

It can be small.
Almost invisible.
A pause.
A boundary.
A breath.
A moment of rest.

This week is an invitation to listen to yourself and respond with care.

Not perfectly.
Just honestly.

INVITATIONS

1

What do I need?

Once a day, take a moment to pause.
Ask yourself:
What do I need right now?
It might be:
rest, water, movement, silence, support, space.

If possible, respond with one small act of care.

2

Redefining self-care

Take a moment to reflect:
What does self-care truly mean to me?
Where do I feel nourished?
Where do I feel depleted?

Finish the sentence:
If I allowed myself to care for myself, I would...

3

10-minute body ritual

Choose one simple act of physical care.
A warm shower.
Stretching.
Self-massage.
A cup of tea without distractions.

No multitasking.
Just presence.

4

A gentle boundary

Choose one small boundary this week.
It might be:

- saying "not now"
- going to bed earlier
- asking for help
- putting your phone away

Notice what comes up.

I AM
ALLOWED TO
CARE FOR
MYSELF
EVEN WHEN
NOTHING
ELSE IS
FINISHED





INTEGRATION

1

What kind of care felt most supportive?

2

What felt difficult or unfamiliar?

3

I am leaving this week feeling:



09
NEW

New begins quietly — often as a feeling, a small shift, or a gentle opening toward something not yet fully known.

Take a moment before you begin.

Circle what feels true today.

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

JOURNAL PROMPTS FOR THIS WEEK

What feels like it is emerging in me right now?

What am I curious about?

Where in my life am I ready for a small shift?

Sometimes it is quiet.
Subtle.
Almost easy to miss.
A new thought.
A new feeling.
A small shift in how you move through your day.
New can also be something familiar seen with fresh eyes.

This week is an invitation to welcome the new without pressure.

Not to reinvent yourself, but to gently open to what is already emerging.



1

Something old, something new

Think of something you loved as a child.

Something playful.
Creative. Free.

Try it again. Even in a small way.

2

Old new, new old

Do the ordinary differently.
Choose one everyday action and do it in a new way.

A different route.
A different pace.
Using your other hand.
Changing your routine.

Let curiosity lead.

3

Try something new

It can be small.
A new recipe.
A new conversation.
Speaking up.
Starting something you've been postponing.

No pressure - just exploration.

4

Move in a new way

Try a new movement.

A new stretch.
A different path.
A slower or faster rhythm.

Let your body explore.

SOMETIMES A SMALL SHIFT CHANGES EVERYTHING



1

What felt playful or light?

2

What surprised me?

3

What do I want to stay open to?

4

I am leaving this week feeling:

INTEGRATION

10 LISTENING

Listening is the practice of becoming quiet enough to hear what the heart, body, and life are gently trying to say. Listening is more than hearing words.

Take a moment before you begin.
Circle what feels true today:

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

One word for this moment:

JOURNALING PROMPTS FOR THIS WEEK:

What am I not fully listening to in my life?

What becomes possible when I slow down enough to listen?

What is quietly asking for my attention?



To listen is to make space.

For yourself.
For others.
For what is not yet spoken.

There is always something quietly speaking within you, between you, around you.

This week is an invitation to listen more deeply.

INVITATIONS

1

Listening beneath the words

In one conversation each day, practice listening without preparing your response.

Notice: tone, pauses, what is felt but not said. Let yourself receive.

Finish the sentence:
When I truly listened, I noticed...

2

Listening to your body

Before saying yes. Before saying no. Pause. place a hand on your body and ask:
What is here right now?

Notice:

- openness or contraction
- ease or resistance
- what else is there

3

Listening to silence

Create 5–10 minutes each day without input.
No phone.
No music.
No distractions.
Just you and the quiet.
It may feel calm.
It may feel restless.
Stay with it.

4

Listening through writing

After a moment of quiet, let your hand move before your mind.
Write freely.
Let something speak through you without needing to make sense.

Journaling prompt:
Something that came through me...

LISTENING IS A GENTLE PRACTICE OF MAKING SPACE FOR WHAT IS ALREADY SPEAKING

INTEGRATION



1

What did I hear that I hadn't noticed before?

2

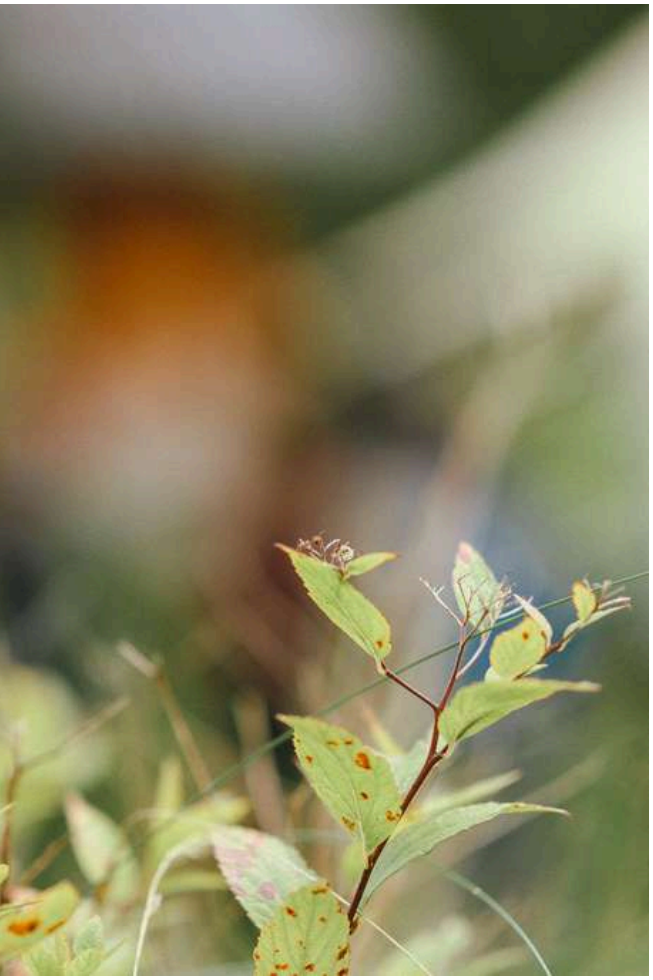
What felt challenging about listening?

3

What would I like to continue?

4

I am leaving this week feeling:



11
NOTICING

Noticing is the gentle art of opening your senses to what is already here — within you and around you.

Take a moment before you begin.

Circle what feels true today.

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

JOURNAL PROMPTS FOR THIS WEEK

What changes do I notice in the world around me?

What changes do I notice within myself?

What happens when I slow down enough to notice?

Something is changing.

The light lingers a little longer.
The air softens.
Small signs begin to appear.

Nature is waking up, slowly.

And something in us might be waking too.

This week is an invitation to notice.

Not to search.
Not to analyse.

INVITATIONS

1

Simply noticing

Take a moment each day to pause and look around.
Notice:

- what feels different from last week
- what draws your attention
- what is quietly changing

No need to name or explain.

2

Listening to the world

Bring your attention to sound.
Near and far.
Loud and subtle.
The wind.
Footsteps.
Your own breath.

What do you hear?

3

Smell & air

Pause and take a slow breath.
Notice the air.
The scents around you.
Freshness.
Dampness.
Something new.

4

Taste

Choose one moment each day to truly taste something.
A sip of tea.
A piece of fruit.
A meal.

Slow down.

5

Touch

Notice how the world feels through your body.
The warmth of sunlight.
The texture of fabric.
The ground beneath your feet.

THE MORE YOU NOTICE, THE MORE LIFE BEGINS TO REVEAL ITSELF.

INTEGRATION

1

What is shifting in me?

2

What feels new, different, or alive?

3

What moments stayed with me?

4

One thing I carry with me:



12
CHOICE

First, there is space. Soil that has rested. And then, slowly, choices start to appear.
Choice is the quiet power to respond, to begin again.
One step at a time.

Take a moment before you begin.
Circle what feels true today:

My energy feels:
low ○ — ○ — ○ — ○ — ○ high

My mood feels:
heavy ○ — ○ — ○ — ○ — ○ light

My mind feels:
busy ○ — ○ — ○ — ○ — ○ calm

Right now, I feel:

One word for this moment:

JOURNALING THEMES:

If my life were a garden right now, what would I like to grow more of?

What am I giving my attention to each day?

What small choice could shift something in my life?

Every day is made up of small choices. Some we make consciously. Some happen without us noticing.

Where we place our attention.
How we respond.
What we say yes to,
and what we don't.

This week is an invitation to slow down just enough to notice your choices.

Not to change everything.
Just to become aware
of where your energy is going.

1

One small seed

Choose one small action or behaviour to practice this week.

Something simple. Realistic. Nourishing.

A breath before starting your day.
A short walk.
One honest sentence.
Let it be small enough to stay with.

2

Notice the autopilot

Throughout the week,
gently observe your habits.

Pause and ask:
Did I choose this?
Or did it just happen?

No need to fix anything.
Just notice.

3

A small act of kindness

Offer one simple act of kindness to someone else.
Unexpected. Light. Generous.

A message.
A kind word.
A small gesture.

Notice, how it felt.

4

Water or release?

Take a moment to reflect:
Where is your energy going?
What feels nourishing?
What feels draining?

Write down in your journal,
imagine that your life is a garden:

What I want to grow...
What I want to stop watering...

INVITATIONS

ONE SMALL CHOICE, REPEATED GENTLY, CAN GROW INTO SOMETHING NEW.



1

What choices felt most meaningful?

2

What did I notice about my habits?

INTEGRATION



3

What would I like to continue?

4

I am leaving this week feeling:

A GENTLE GOODBYE

Welcome to spring, dear one.
We have walked through winter together.

The days become lighter. Life may begin to move faster again. And still, you don't have to leave this behind.

Week by week, we moved through different spaces:
Opening, allowing something new to emerge.
Gratitude, noticing what is already here.
Nature, remembering we are part of something bigger.
Support, not holding everything alone.
In-between, staying with what is not yet clear.
Breath, returning to something simple and steady.
Self-care, tending to ourselves with honesty.
New, welcoming small shifts.
Listening, softening into presence.
Noticing, seeing what is often overlooked.
Choice, becoming aware of how we show up.

Different themes, different moments,
and one quiet thread holding it all together:
a gentle return to ourselves.
Again and again.

KEEP IT SIMPLE

You might choose to keep just a few simple things:

- noticing one small thing you feel grateful for
- moving your body in a way that feels good
- pausing, even briefly, to return to yourself

Not as a task.
Just as a quiet rhythm.

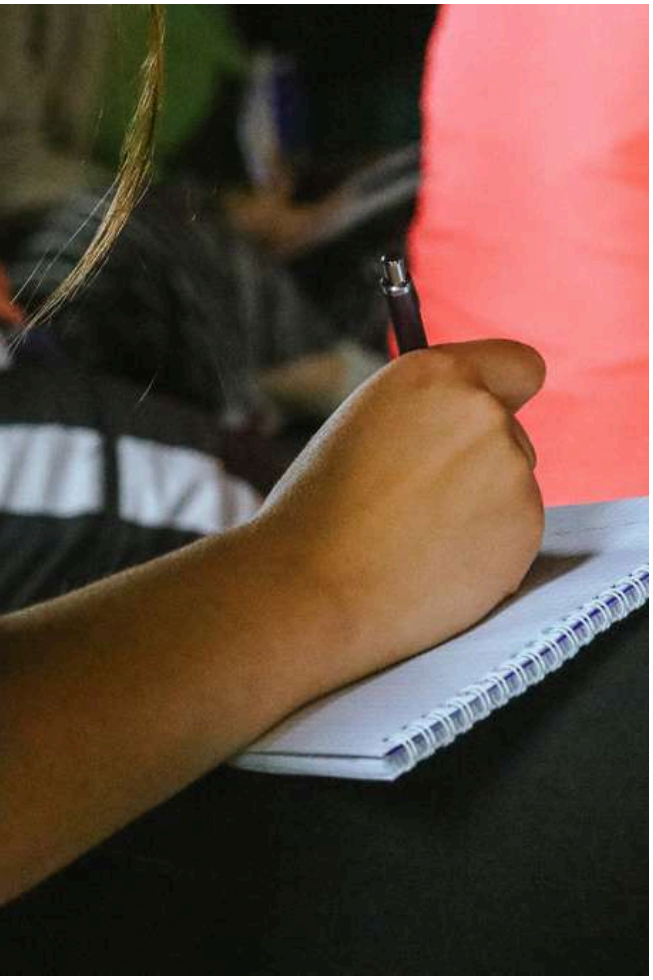
Thank you for being part of this journey.
For your presence.
Your honesty.
Your softness.

Move gently.
Rest deeply.
Carry this with you.

YOU HAVE ARRIVED HERE.
TAKE A BREATH.
NOTHING TO COMPLETE.
NOTHING TO CARRY.
JUST A SMALL PAUSE.
WHAT STAYS WITH YOU?
WHAT CAN YOU LET GO OF?
AND WHAT WANTS TO UNFOLD
IN ITS OWN TIME?
STAY HERE FOR A MOMENT.
AND WHEN YOU ARE READY,
STEP FORWARD GENTLY.



E+MOTION



RETURNING

Returning is the gentle act of coming back to yourself, again and again, with honesty and compassion.

And you may return to this book. Not to repeat everything. Not to do it "better".
But to meet yourself in a different moment.
The same pages will feel different.
The same questions may open new answers.

You might return when:

- you feel a little stuck or lost
- you need to slow down
- you want to reconnect
- or simply when winter comes again

You don't need to start from the beginning.
Open any page.
Let it meet you where you are.

PLACE FOR YOUR REFLECTION:

If I return to this journey, what would I want to remember?

What supports me most from this workbook?

Write a few words to your future self.
For a moment when you might need it.

A reminder.
A feeling.
A truth.

LETTER TO MYSELF

LIST OF THINGS I LOVE THIS WINTER

You do not leave this winter as the same person who entered it. You may carry forward what you discovered, softened, released, and remembered along the way.

With love and light,
Andri and Ilze



E+MOTION

energy in motion

move gently
rest deeply
stay close to yourself

Not a workbook to complete,
but a space to return to,
again and again.