

A dramatic scene from inside a cave looking out at a sunlit, moss-covered landscape. The sun is shining brightly through the cave opening, creating a strong lens flare and illuminating the scene. The landscape is covered in vibrant green moss and has a person standing on a rock peak in the distance. The cave walls are dark and textured, with some stalactites hanging from the ceiling.

You are the Hero

QUESTIONS TO INSPIRE
YOUR JOURNEY WITHIN

The winter solstice invites us to turn inward, to connect with our inner wisdom, slow down and focus on hearth and home so that we may stoke our inner fire. It invites us to reflect on what came before as we discover what is next.

The answers we find within will not steer us wrong. It is by looking within that we discover our treasures, like seeds planted in the dark earth of our being, just waiting for us to bring them into the light.

Whether it is the turn of the sun that is calling you to look within or the internal call of your soul, the questions on the following pages can serve to start the conversation with your inner wisdom as you travel the path to the dark caves within.

Looking back over the past year...

What new, interesting people did you meet?

When did you feel the best?

What was the bravest thing you did?

What are you most proud of?

Looking back over the past year...

What dreams were you able to realize?

What opportunities did you miss?

What fears did you overcome? Where did fear stop you?

What would be the headline for an article written about your year?

Your legacy

NOTE

This section
is not for the
feint of
heart

If your funeral were today, how would your obituary read?

Write your obituary as you would want it to read.

What changes can you make to manifest the things you wrote above?

What obstacles are there to making those changes, and how can you overcome them?

Next...

What is the headline for your upcoming year?

What are the chapter titles and summaries for the book of your upcoming year?
