

# Wintering

by Katherine May

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Name Your Weather**

Write a one-sentence weather report for your current season: burnout, loss, fog, illness, transition, or another honest name. Do not solve it yet.

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<sup>02</sup> **Build A Small Shelter**

Choose three basics for the next seven days: earlier sleep, warm food, one quiet room, a daily walk, a bath, or a trusted check-in.

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<sup>03</sup> **Cancel One Performance**

Remove one optional obligation that exists mostly to prove you are fine. Use the recovered space for rest without optimizing it.

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<sup>04</sup> **Visit The Season Outside**

Spend twenty minutes outdoors noticing evidence of dormancy: bare branches, cold air, animal traces, low light. Let nature normalize slowness.

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<sup>05</sup> **Keep A Thaw Note**

At the end of each week, record one tiny sign of softening: more breath, more appetite, one honest conversation, or a moment of curiosity returning.