

❄️ Welcome!

You're here because you've decided to give yourself a gift this season: to be more intentional with your time. As Annie Dillard famously said, "How we spend our days is, of course, how we spend our lives."

This guide will help you track your weekly intentions **throughout the winter** — starting December 21, 2023 and ending March 19, 2024. Winter is the coldest and sometimes cruelest season. It's one when we seek cozy comforts. I hope this guide will provide some of that coziness and comfort for you.

❄️ How to use this document

This is a space to set a clear intention for each week and to reflect on that intention. There might be a temptation to write multiple goals for each week, but the idea is to choose *one thing* to focus on. If you achieve that intention? Great! If not? No big deal. There's always the following week.

To **modify your own weekly intentions document**, go to the top menu, select "File," and "Make a Copy." Voila! Now you have a version that's all your own.

❄️ Want to do this with a friend?

For the past two years, My Sweet Dumb Brain editor, Becca, and I have filled out our intentions document together week after week. And you better believe we're doing it again in 2024! We're strong believers in the power of an accountability buddy and think that goal-setting is more fun to do and share with a friend, anyway.

If you want to set weekly intentions with a friend this winter, **use this version of the document**.

❄️ Find your place

I've listed out every week of winter and shared some prompts and ideas to get you started each month. Want to jump to a specific month? Use the links below.

→ DECEMBER: Farewell, 2023
→ JANUARY: You can always begin again
→ FEBRUARY: One extra day
→ MARCH: This too shall pass

❄️ Make it easy to remember

I find it helpful to set up a recurring calendar reminder to help me remember to set my intentions. It can be something simple, like setting aside 9:00-9:05 a.m. each Sunday to fill out your intention for the week ahead and to reflect on the previous week. Five minutes is all you'll need. Really!

❄️ Have fun!

This is *not* about discipline or even self-improvement. It's about being more mindful of how we spend our time. It's an opportunity to give ourselves permission to do things that we wouldn't otherwise. And it's a way to document our days and weeks. I hope this guide becomes a treasured time capsule — something you can look back on fondly for years to come.

Now go forth! I can't wait to hear where your intentions lead you.

xoxo
KHG

Hello! That nifty "back to top" link brought you back here!

DECEMBER: Farewell, 2023

🎁 It's the end of the year — and the beginning of this document. The end of a calendar year is a perfect time to reflect, and here you are! As you consider your intentions, think about how you'd like to feel as you put 2023 in the rearview.

WEEK 1: December 21-23*
**Note: This isn't a full week! To keep the guide easy to follow, every following week will begin on Sunday.*

Your intention: [example: *To do yoga (even five minutes!) every day this week. I want to move my body more next year. Why not start now?*]

How'd the week go? [example: *Done and done. I especially enjoyed doing yoga before work on Friday. Now I'm thinking about a future intention of finding regular yoga classes to attend!]*

Tell me something good: [What's one highlight from the past week? It can be totally unrelated to your intention. This is a spot to note the good things, even on bad weeks.]

WEEK 2: December 24-30
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

JANUARY: You can always begin again

📆 January is a fresh start. January is full of promise. January is ... cold. If you don't meet one of your intentions this month, don't worry. Remember: You can always begin again.

WEEK 3: December 31 - January 6
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

WEEK 4: January 7-13
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

WEEK 5: January 14-20
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

WEEK 6: January 21-27
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

WEEK 7: January 28 - February 3
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

FEBRUARY: One extra day

🐰 It's a leap year! Which means there's an extra day this February. It feels like a little gift. What would you do with one extra day in your life? With that in mind, what kind of intentions would you like to set this month?

WEEK 8: February 4-10
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

WEEK 9: February 11-17
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

WEEK 10: February 18-24
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

WEEK 11: February 25 - March 2
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

MARCH: This too shall pass

☔ The last few weeks of winter can be a bit of a slog, but they're also a reminder of brighter and warmer days to come! What is there to appreciate about the season you're in? And how does it make you feel to know that it will come to an end?

WEEK 12: March 3-9
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

WEEK 13: March 10-16
Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]

WEEK 14: March 17-19*
**Note: This is also not a full week. If you want to keep going next season, check My Sweet Dumb Brain for details about the Spring 2024 guide!*

Your intention: [intention here]

How'd the week go? [reflection here]

Tell me something good: [highlight here]