

ONE MONTH. 12 COZY PROMPTS
to slowdown and savor the holiday season

SEASON *to* SAVOR



12 prompts for Season to Savor

to slow down, cozy up, and be present this holiday season.

Complete all twelve of the cozy prompts (in any order) during the month of December.

- Day 1: Winter Word** Choose one word that will guide you through the season—like “rest,” “cozy,” “presence,” or “slow.” Write it down and place it somewhere visible as a reminder.
- Day 2: Slow Sip** Make a warm drink, but don’t move while you drink it. Sit. Hold. Savor. Take at least 10 minutes.
- Day 3: Half-Speed Stroll** Go for a walk in your neighborhood—but only cover half your usual distance in the same amount of time. Notice what emerges when you slow your pace.
- Day 4: Candlelight Evening** Turn off your overhead lights after sunset. Spend the evening by candlelight or lamplight and see how your body responds to softer rhythms.
- Day 5: Slow Meal Prep** Find a recipe you’ve been wanting to make and dedicate half a day—or the whole day—to preparing just that one meal. Shop slowly, cook slowly, eat slowly.
- Day 6: Cozy Corner** Spend 20 minutes setting up a “nest”—pillows, blankets, soft light. Once it’s ready, stay in it for at least 30 minutes doing absolutely nothing “productive.”
- Day 7: Digital Drift** Give yourself permission to wander offline for half a day. Notice the pull to pick up your phone, and gently redirect into something slower—reading, journaling, staring out the window.
- Day 8: Seasonal Feast** Choose one seasonal ingredient (like squash or citrus) and make it the star of your day. Add it to breakfast, lunch, and dinner. Notice how nature flavors your plate.
- Day 9: One-Song Movement** Put on one song and move to it—slowly. Stretch, sway, dance, roll around on the floor. When the song ends, stop. Notice how short but powerful that felt.
- Day 10: Sit & Stare** Set a timer for 10 minutes. Do nothing but sit and look out a window. Notice your thoughts. Notice your breath. Just sit and stare.
- Day 11: Deep Connection** Write a letter to someone you care about. Handwritten, not typed. Mail it, or tuck it in their bag, or leave it on their doorstep.
- Day 12: Slow Start** When you wake, stay in bed for five extra minutes. Feel the sheets, notice your breath, and let your body arrive slowly. Move 20 percent slower than usual today—on purpose.

FINAL STEP: Submit your tracker in WellRight (Season to Savor) or email it to wellness@atlanticpkg.com.