

# January 2026

## Dig Deep:

## Winter Reset

**Winter can be challenging.**

**Gear up and shift your mindset with  
us this January!**

No matter what's already come your way this winter, press the restart button to slow down, lean into your favorite parts, and maybe even surprise yourself with how 'not horrible' winter can be. We'll dig deep, in whatever weather comes our way.

Think of it like a mental vacation— but without the packing, jet lag, or cost!

### **Why dig deep?**

These practices can help us build resilience, foster mindfulness, find joy in difficult circumstances, and reduce our risk for burnout.



### **How this challenge works:**

- Choose from the activities listed on the following page and complete them in January. Keep track of yours on the log sheet by writing any that you complete on a line with the date, like the example below. You can do as many activities as you like, but there's no pressure to complete them all. Try to do at least one from each category.
- Keep your eyes open for special wintery opportunities coming in Jess's emails.
- Return your log to Jess Brown by 2/7 to qualify for points and prizes.
- Complete 5-10 to earn 5 points, 11-20 to earn 10 points, or 21+ to earn 15 points.

Rebranded a fave summer activity— visited the glacier— 1/5

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### Winter Reset Challenge

#### Make memories

- Make and listen to a winter playlist
- Find or make up a reason to celebrate
- Invite someone over for a winter feast or game night
- Notice the wintry drama— a burst of cactus flowers, a shocking sunrise— and take photos to share with friends
- Enlist your senses— notice how winter smells, sounds, and tastes and make a mental note to lock in this memory
- Think of what you enjoy about a winter holiday and add that element into a non-holiday this month
- Engage in your cultural winter practices that invite warmth, coziness, and community

#### Embrace the wild outdoors

- Do your favorite outdoor winter activity- make time for it while the conditions are good!
- Notice winter nature in your everyday routine— in and outside, and notice how it makes you feel
- Experience the weather with curiosity. What's the wind do the snow? What does \_ degrees feel like?
- Go for an awe walk- no technology and no hustle. Move slowly and look at your surroundings with fresh eyes.
- Dress for optimal comfort and warmth in the weather and get out there. Note if it affects how you experience the wild weather
- Experiment with adding 15 minutes of outdoor time to your day- drink your coffee outside, take a walk, take some up close photos of wintertime nature, etc.
- Get outside with a friend
- Rebrand a favorite outdoor summer activity for winter
- Take a winter dip in a cold body of water. Notice the physical and emotional sensations before, during, and after your dunk.

## Dig Deep Activity List

#### Shift your mindset

- Make a list of things you enjoy about winter
- Talk up winter: share something you love about winter right now with someone
- Question a negative winter thought- is it grounded in reality? Can you think of a gentler way to reframe it?
- Enlist a winter appreciation buddy- text each other seasonal highlights
- Go on a winter walk: before leaving, think about how you expect it will feel. During and afterwards, check in with how you are actually feeling. Did your expectations match reality?
- Imagine you are a winter tourist here. What would you do on a trip to this special winter place? See what shifts for you.

#### Get cozy inside

- Prepare your nest— stock up on seasonal teas, cocoa, soups, wood for fires, and all your favorite winter comforts
- Find a way to add more warm light to your indoor spaces- firelight, twinkly lights, candles, etc.
- Embrace an indoor hobby
- Tidy your indoor spaces
- Watch a favorite movie or show
- Embrace rest— stay in your sweats, sleep in, lounge around without an agenda

#### Slow down

- Drink your morning cuppa slowly
- Stretch to start the day
- Build in extra time to get where you are going
- Pick a day to turn off tech and rejuvenate
- Take a picture of something you notice that brings winter delight
- Find rest in new places: listen to a song before you head out the door, luxuriate in bath/shower/ hot tub/sauna, let things take a bit longer

## Your Dig Deep challenge log

This image shows a vertical rectangular sheet of white paper. It features approximately 20 evenly spaced horizontal blue lines for writing. In the bottom right corner, there is a light gray triangular area that appears to be a shadow or a design element, sloping upwards from the bottom edge towards the center-right. The rest of the page is plain white.[illegible]

Pick your own:

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Write any completed activities and their date on the lines provided. Return to Jess Brown by 2/7 for points and prizes.

Name:

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## Number of activities

completed:\_\_\_\_\_

