

THE  
EXPANSIVE  
WOMAN PROJECT

# *Holiday Reflection*

WORKBOOK

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# Welcome!

During winter solstice and the longest, darkest nights of the year, the holiday season intertwines cultures and traditions to celebrate the symbolic power of light.

Be it Hanukkah's menorah, symbolizing hope with each candle's glow, the twinkle of a Christmas tree, or the sparkle and fireworks of New Year's Eve, light becomes a beacon of joy and unity.

This season transcends religious boundaries, embodying a universal spirit of warmth amidst winter's chill. Beyond the literal darkness, it signifies the triumph of good over adversity, fostering a collective belief in renewal and possibilities. Holiday celebrations remind us that even in life's darkest moments, there's always a chance for brightness to emerge, guiding us toward hope and unity.

So let's grow some light, shall we?



We can't chase  
away darkness.

We can only  
grow light.



## *How to use this workbook*

There are 10 prompts in this workbook.

If a prompt doesn't appeal to you, skip it!

If a prompt sparks a new line of thought, follow it!

If you have a beautiful revelation, share it!

## *Questions?*

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# *Let's get started*

Read the weekly prompt.

Take your time.

Stare out the window. Go for a walk.

Give yourself space for reflection.

Now scribble some thoughts. You can write in your own physical journal, or you can type your thoughts in the fillable pdf fields of this workbook.

As the season progresses, write some more, make some edits, reflect again. Keep going.

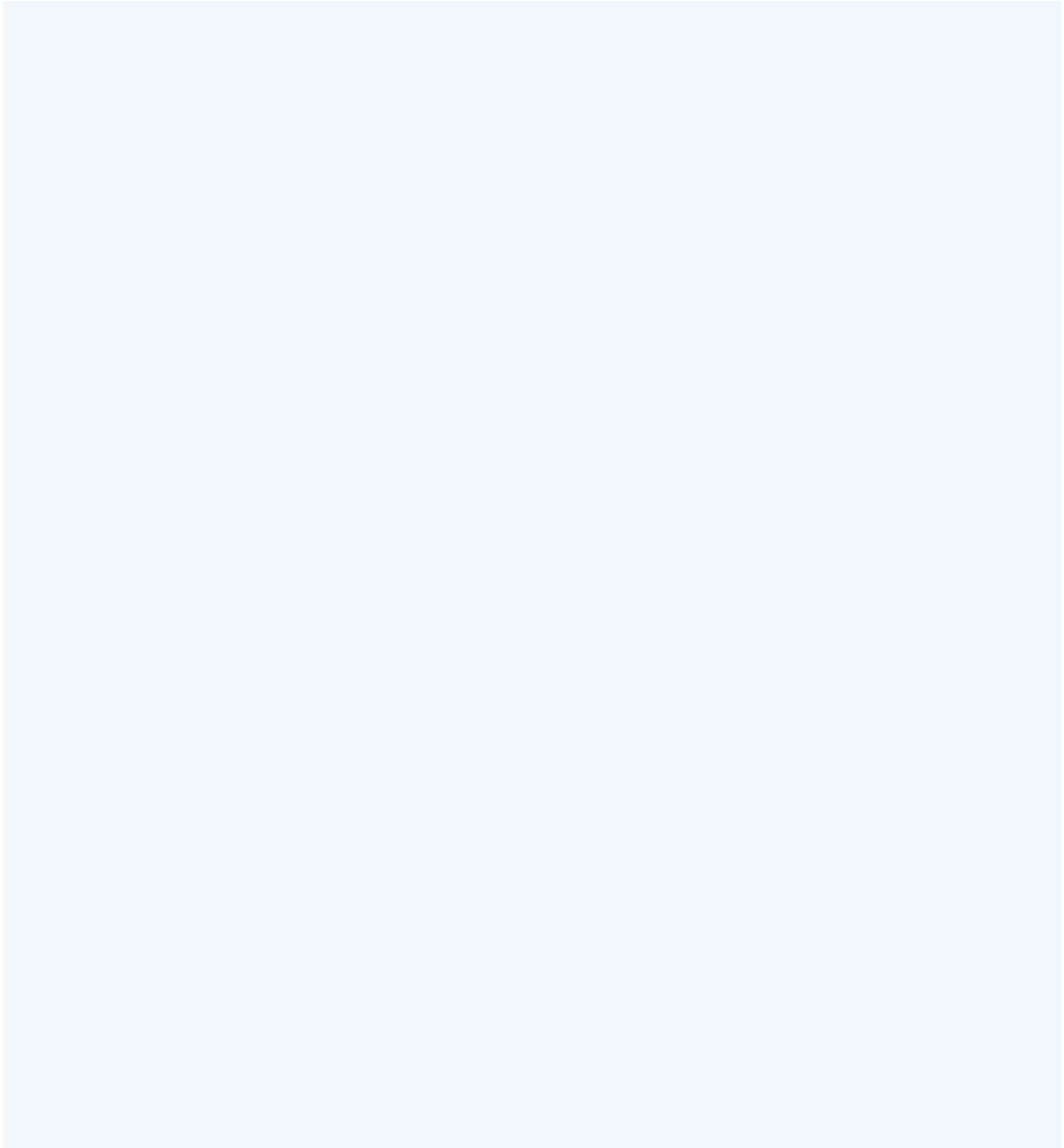
And remember...

*No judgement. No expectations.*

*Just let it flow.*

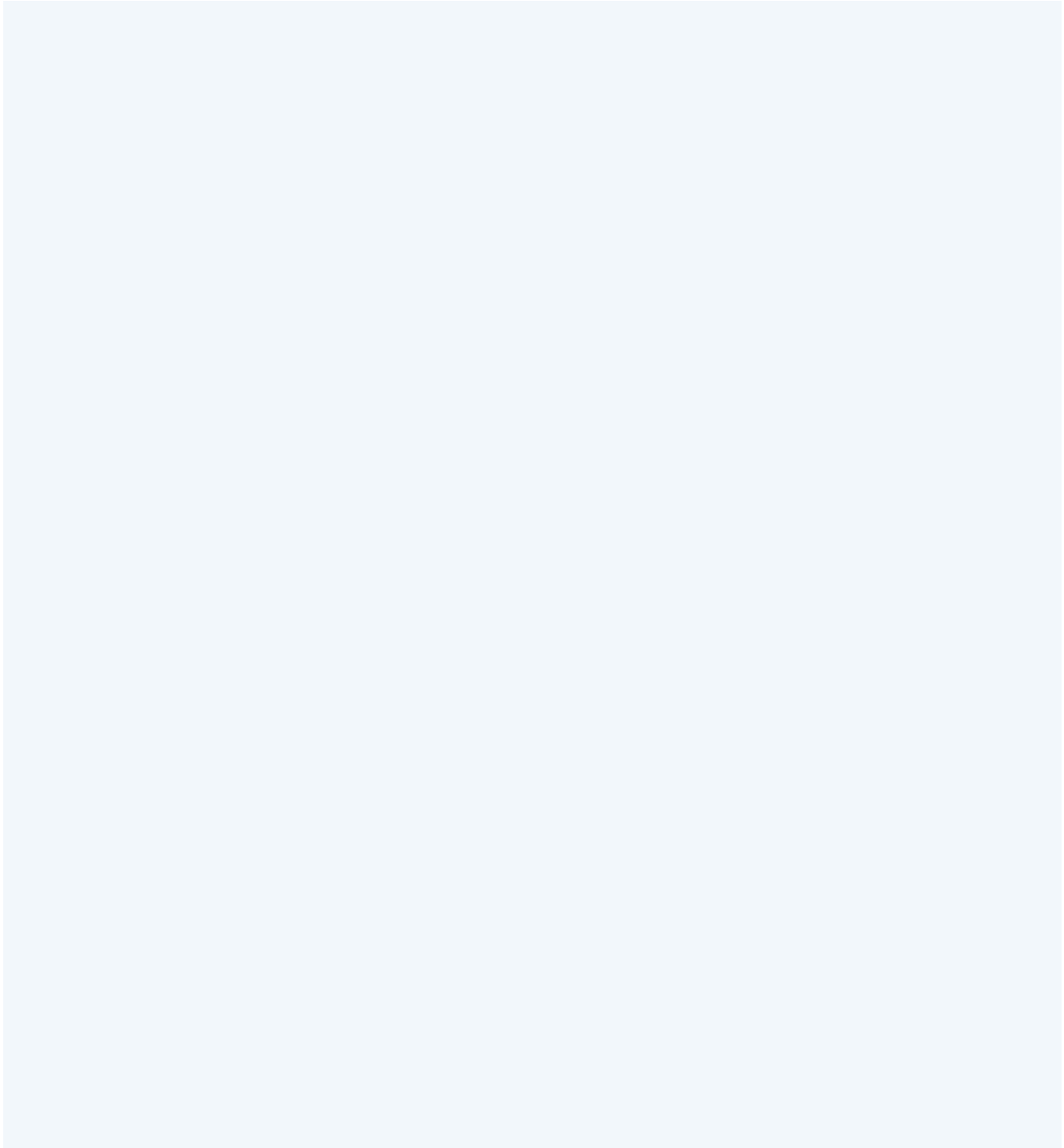
# 1. Moments of Radiance

*Reflect on a recent moment where you felt a sense of inner light.  
What led to this feeling? How can you recreate or invite more of these  
moments into your life?*



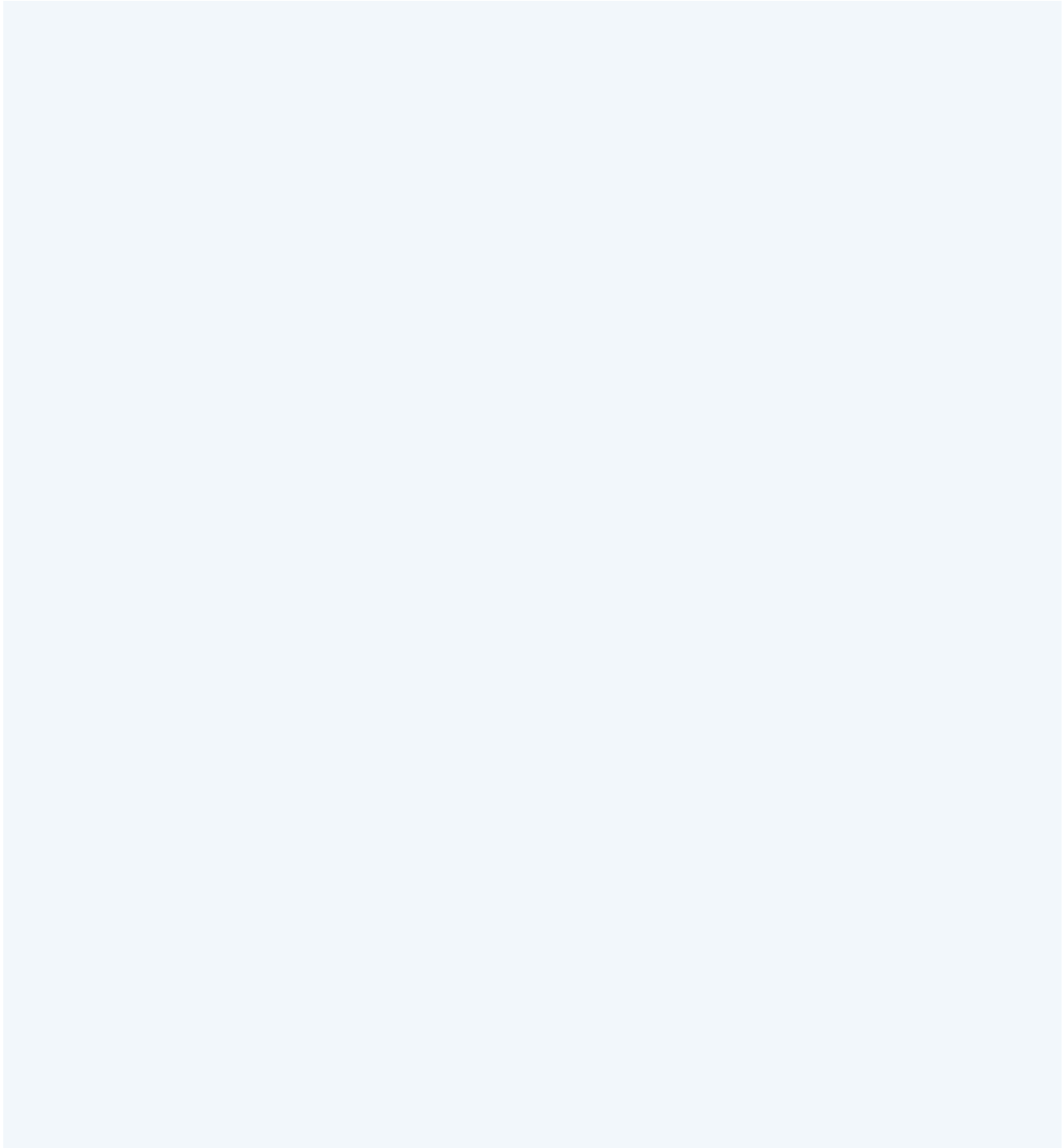
## 2. Areas of Expansion

*Identify an area of your life where you wish to cultivate growth. How can you shine a light on this area to nurture its development?*



### 3. Embracing Shadows

*Explore an aspect of yourself or your life that you typically keep in the shadows. How might shedding light on this bring about growth or healing?*





## 4. Daily Illuminations

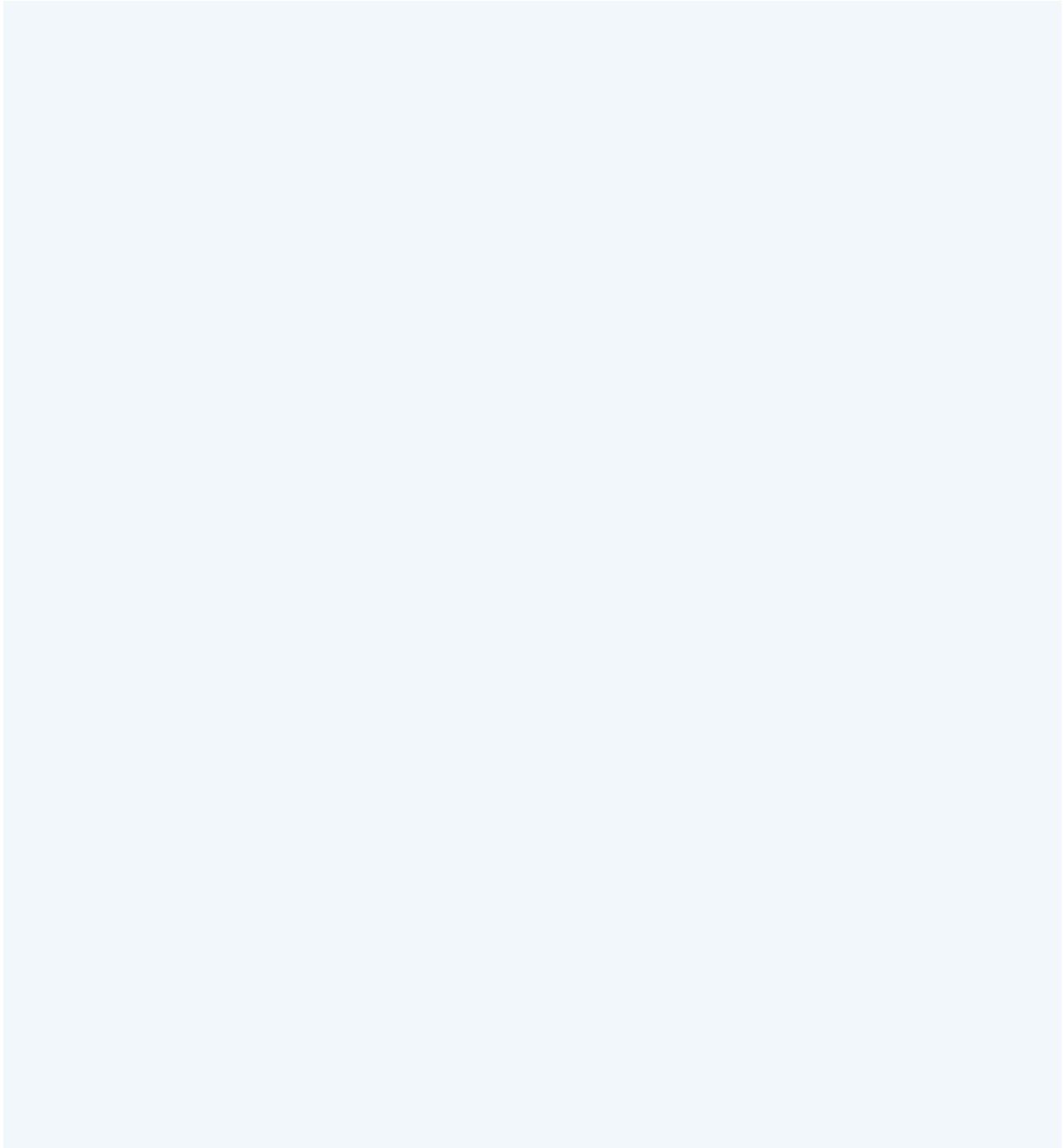
*Document moments of brightness in your day-to-day life. What small or significant things bring light into your routine?*

## 5. *Lessons in Darkness*

*Reflect on a challenging experience or period in your life. What did you learn from this time? How did it contribute to your growth and understanding?*

## 6. Cultivating Inner Glow

*Consider practices that nourish your inner light (meditation, creativity, self-care). How can you prioritize these practices to foster your growth?*



## 7. Seeking Clarity

*Write about a situation or decision in your life where you seek clarity. How can you shed light on this to gain a better understanding or perspective?*

## 8. Radiant Intentions

*Set intentions that align with your desire for growth and illumination. How can you incorporate these intentions into your daily life?*

## 9. Gratitude for Illumination

*List things in your life that bring light and gratitude. How can you nurture and appreciate these sources of illumination?*

## 10. *Sharing Your Light*

*Reflect on ways you can share your light with others. How does spreading positivity and knowledge contribute to your own growth and the growth of those around you?*

Wishing you a  
bright and happy  
holiday season!

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