

# Gentle December: Creative Companion Worksheet

A soft set of prompts and tiny practices to accompany your December creativity. Use these pages slowly—one moment at a time.

## 1. A Moment of Quiet

Take one slow breath. Write a single sentence about how the day feels right now.

## 2. Winter Colours

Choose one colour that feels like winter to you. Describe it or make a small mark.

## 3. Light Observation

Look at the light around you. Write three words that describe it today.

## 4. Tiny Creativity

Make one tiny creative action: a doodle, a line, a word, a small shape.

## 5. Soft Reflection

What is one gentle intention you'd like to carry into the rest of your day?