WINTER SOLSTICE · MONDAY, DECEMBER 21, 2026

The Longest Night

HARDER

One evening, one candle, about an hour. Look back at 2026, then turn toward the light.

TONIGHT'S DATE	SUNSET WHERE I AM	CANDLE LIT AT

The ritual

1. **Screens off, lights low** — After sunset. Phone in another room. ◯ DONE
2. **Light a candle** — Or fairy lights, or a lamp. Never leave a flame alone. ◯ DONE
3. **Make something warm** — Tea, cocoa, soup. Wrap yourself in a blanket. ◯ DONE
4. **Look back** — Answer the three questions below. ◯ DONE
5. **Let go** — Turn the page: what stays in 2026. ◯ DONE
6. **Take with you** — What comes with you into 2027. ◯ DONE
7. **Sit in the dark for 5 minutes** — Watch the flame. Then blow it out and go to bed. ◯ DONE

Look back at 2026

WHAT AM I PROUD OF THIS YEAR?

WHAT WAS HARD, AND WHAT DID IT TEACH ME?

WHAT GAVE ME ENERGY?

TIRED TONIGHT? THE MINIMUM

Light one candle and write one line: one thing you let go, one thing you take. It counts.

◯ FULL RITUAL
◯ MINIMUM

From tomorrow, the days get longer.

harder.pro/blog/winter-solstice-ritual

What I Let Go, What I Take

HARDER

Write freely. Nobody else needs to read this.

I let go of...

Habits, worries, grudges, plans that no longer fit

I take into 2027...

People, lessons, habits, small joys

MY WORD FOR 2027

MY FIRST SMALL STEP ON JANUARY 1

THREE THANK-YOUS TO 2026

Release strip

Write what you're letting go here, then tear it off and tear it up. No fire needed.

Tomorrow morning: notice the light. December 22 is a little longer than tonight.