WINTER SOLSTICE · MONDAY, DECEMBER 21, 2026

21 The Longest Night

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** — DONE
After sunset. Phone in another room.

2 **Light a candle** — DONE
Or fairy lights, or a lamp. Never leave a flame alone.

3 **Make something warm** — DONE
Tea, cocoa, soup. Wrap yourself in a blanket.

4 **Look back** — DONE
Answer the three questions below.

5 **Let go** — DONE
Turn the page: what stays in 2026.

6 **Take with you** — DONE
What comes with you into 2027.

7 **Sit in the dark for 5 minutes** — DONE
Watch the flame. Then blow it out and go to bed.

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.

What I Let Go, What I Take

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.