



The Summer Solstice Worksheet

A Mid-Year Ritual to Pause, Check-in and Reset

Stop, breathe, look within, and ask yourself: How am I doing, really?

Prepare Your Space

Before you begin writing, carve out 10 quiet minutes for yourself on June 21. Find your favorite space—a comfortable chair inside or a peaceful spot outdoors in the direct morning sunlight. Pour your favorite beverage, take three deep, grounding breaths, and allow yourself to answer these prompts with complete honesty and zero judgment.

Prompt 1: What is actively working?

Take inventory of your current daily life. What habits, relationships, routines, or tiny moments are genuinely bringing you energy and joy right now rather than draining you?

Prompt 2: What am I ready to release?

The solstice represents a peak that naturally transitions into shorter days, making it the perfect season for letting go. What habit, internal story, heavy obligation, or worry is cluttering your mind and no longer serving your well-being?

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Prompt 3: What do I want more of?

Looking toward the second half of this year, forget rigid resolutions or goals with strict metrics. Instead, seek a quiet sense of direction. Do you crave more unhurried mornings? More music? More time by the water or in the garden?

Prompt 4: What does my body need right now?

After 50, our bodies speak much more clearly than they did before. Slow down and listen to what yours is telling you today. How can you honor, move, and care for the physical body you have in this exact season of life?

My Three Solstice Daily Ritual Intentions

In the spirit of beginning fresh, choose three simple, realistic morning or evening rituals that you will consciously commit to practicing as we move into the next season (e.g., getting 10 minutes of direct morning sunlight, listening to a decompression playlist, journaling with evening tea).

1.

2.

3.
