

# Kimberly DuBrul Coaching

YOU. AT YOUR BEST.

## A VERMONT WINTER CHECKLIST



Here's a checklist to help you to make the most of what can be a challenging time of the year for many. Whether you live in Vermont, or not, these ideas can bring some zest to the winter months. What would you add to the list?

- ☐ Spend time in a ski lodge with a cozy drink and a book by the fireplace.
- ☐ Try skiing or try it again if it has been a while.
- ☐ Snowshoe or hike- getting outside when it is cold is so important- dress appropriately!
- ☐ Snowmobile- VAST keeps a great trail system going when we get enough snow!
- ☐ Go on a sleigh ride with family and friends we love Shelburne Farm!
- ☐ Visit a warm water spa or find a friend with a hot tub! Roll in the snow and jump in the tub!
- ☐ Drink more water than you think you should.
- ☐ Spend quiet time in meditation, contemplation and/or journaling- it is the perfect season for it.
- ☐ Watch the Super Bowl! Extra credit: have a party and invite friends!
- ☐ Go ice fishing! Use caution and enlist the help of a seasoned veteran of the sport!
- ☐ Visit a Vermont brewery for a tasting and live music.
- ☐ Stay in movie night or see a movie on the big screen.
- ☐ Try a new restaurant- maybe take a winter drive to get there.
- ☐ Stay home all day- yup, don't leave your house once!
- ☐ Build a snowman. Drink homemade hot cocoa afterward.
- ☐ Take a dance class.
- ☐ Daily gratitude journal- strengthens the immune system and builds happiness- perfect for winter!
- ☐ Bake cookies.
- ☐ Do the Penguin Plunge- help to support Special Olympics- you'll feel zest all right!
- ☐ Start a scrapbook or get your old photos into albums.
- ☐ Watch high school or college basketball- in person if possible!
- ☐ Eat comfort food!
- ☐ See a concert or show- the Flynn Center has many great offerings this season!
- ☐ Inside things like visiting museums, Vermont Country Store, Echo Lake Aquarium and more!



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