

## A 2020 VERMONT WINTER CHECKLIST



Here's an updated 2020 style **Vermont Winter Checklist** - whether you live in Vermont, or not, these ideas can bring some zest to the winter months. Because of our virtual abilities, you can engage in more Vermont offerings than ever! What else would you add to the list?

- Spend time with a cozy drink, a book and a fireplace!
- Try skiing or ice skating or try it again!
- 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!
- Eat sugar on snow
- Roll in the snow and jump in a hot tub
- Watch the Superbowl (hopefully!)
- Drink more water than you think you should.
- Go ice fishing! Use caution and enlist the help of a seasoned veteran of the sport
- Have a marathon movie night. Choose a theme and make food to go along with it!
- Visit a VT Brewery for tasting or take some beer home!
- Try new restaurants and new foods for take out.
- Have dance parties- take turns with other family members being the DJ
- Build a snowman! Drink homemade cocoa afterward
- Light lots of candles and enjoy the glow! Celebrate the Solstice
- Take a virtual yoga or workout class. Try something new!
- Try out a virtual Shelburne Museum event!
- See a virtual concert or show- the Flynn Center is offering some great choices
- Watch a sunset over Lake Champlain
- Take a winter drive to the mountains
- Journal everyone morning when you wake up
- Spend quiet time meditating and contemplating each day
- Write down daily gratitudes before bed each night- strengthen your immune system!
- Start a scrapbook or get your photos into albums
- Learn to sew, knit or crochet
- Learn to make a new meal.
- Watch basketball on TV
- Invest in some really cozy blankets. Wrap yourself up!
- Put real Vermont maple syrup in your coffee!
- Stay at home all day in your jammies, if you want to!
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Kimberly DuBrul, PCC

Personal, Executive and Mindset Coaching  
802-540-0217 | Kimberly@KimberlyDuBrul.com  
www.KimberlyDuBrul.com

LinkedIn: coachkimd | Facebook: Kimberly DuBrul Coaching | Instagram: @KimberlyDuBrul