



LIFE SKILLS ACADEMY

Mastering the Game of Life

Gratitude Journal: Winter Mindset Checklist

*"Let this winter be a soft place for your mind to
land and a steady place for your goals to take root."*

☐ Try Winter Laser-Tasking (40–50 min focus blocks)

Notes:

☐ Aim for 1% Better Each Day

Notes:

☐ Refresh Your Morning Routine

Notes:

☐ Simplify Your To-Do List

Notes:

☐ Boost Feel-Good Chemicals

Notes:

☐ Create Start/Stop Rituals

Notes:

☐ Engage in Novelty & Learning

Notes:

☐ Seek Social Connection

Notes:

☐ Plan Enjoyable Winter Activities

Notes:

☐ Build a Hygge Haven

Notes:

☐ Practice Gratitude

Notes:

☐ Dress for Warmth & Movement

Notes:

The Power of Gratitude to Last All Year – Downloads:

Power of Gratitude blog post - <https://www.lifeskillsacademy.expert/blog.asp?blogid=241>

The Gratitude Journal Template:

https://www.lifeskillsacademy.expert/images/specs/LSA_GratitudeJournalTemplate2025.pdf

Winter Mindset blog post: <https://www.lifeskillsacademy.expert/blog.asp?blogid=244>

Winter Mindset Template:

https://www.lifeskillsacademy.expert/images/specs/LSA_GratitudeMindsetTemplate2025.pdf