**Winter Solstice Ritual**

Step 1 -- Prepare the space. Light a candle. (White is best.). Close down email, Facebook, shut off phones, close door to your office, etc.

Step 2: Close the Circle

Before you move into a new space, it's helpful to close the circle of where you've been. Start by celebrating the successes you've achieved in the past year.

Write them down.

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Forgive yourself for your failures, so you can learn from them. It's important to get clear on the lesson from each failure.

Write down your failures, and their lessons, here:

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Step 3: Burn this list of failures, releasing what you want to leave behind.

Step 4: celebrate! Do something to celebrate, whether it's to sit in a hot tub, eat some chocolate, or go out with friends.