

Welcome to this **Day Crafting Advent Labyrinth**, a journey through the Advent season designed to bring attention to moments and intentionality to your days. If you're new to Day Crafting, it is a practice focused on using time and energy skilfully to create balanced and fulfilling days. Each day of Advent, you'll have the opportunity to engage in a simple yet meaningful activity or intention, helping you navigate the busyness of the season with purpose and calm.

### How to Use the Pen Labyrinth and Advent Intentions

1. Download and print the PDF of the Day Crafting Advent Labyrinth.
2. Each day, select one of the 23 suggested intentions that resonates with you for that day (excluding the fixed intention for the 24th). You might choose 'Mindful Breathing' on the 1st, 'Generosity' on the 2nd, and so on, in any order you prefer. Mark the date next to the intention you've chosen.
3. On your labyrinth, extend your drawn line to the date. Each day, your path through the labyrinth will grow, symbolizing your journey through Advent.
4. On the 24th, we all come together with the shared intention of 'Setting Intentions' for Christmas Day.

- \_\_ **Reflect on Gratitude:** Think of one thing you're grateful for in your life.
- \_\_ **Mindful Breathing:** Spend 5 minutes practising deep, mindful breathing.
- \_\_ **Acts of Kindness:** Perform a small act of kindness for someone.
- \_\_ **Nature Connection:** Take a walk outside and consciously connect with nature.
- \_\_ **Digital Detox:** Dedicate an hour to being completely offline.
- \_\_ **Creative Expression:** Spend time on a creative hobby, like drawing or writing.
- \_\_ **Family Time:** Engage in a meaningful conversation with a family member.
- \_\_ **Personal Reflection:** Journal about your hopes for the upcoming year.
- \_\_ **Mindful Eating:** Have a meal without any distractions, savouring each bite.
- \_\_ **Generosity:** Donate to a charity or offer help to someone in need.
- \_\_ **Self-Care:** Do something that relaxes and rejuvenates you.
- \_\_ **Forgiveness:** Reflect on letting go of a grudge or forgiving someone.
- \_\_ **Learning:** Spend time learning something new or reading.
- \_\_ **Silence:** Embrace a period of silence, just being present in the moment.
- \_\_ **Appreciation of Art:** Enjoy a piece of art, music, or literature.
- \_\_ **Preparation:** Spend time thinking of improvements to next year's days.
- \_\_ **Volunteering:** Offer your time or skills to a local community service.
- \_\_ **Physical Activity:** Engage in a physical activity that you enjoy.
- \_\_ **Rest:** Prioritize getting enough sleep or take a relaxing nap.
- \_\_ **Reward Small Wins:** Acknowledge and celebrate a recent small victory.
- \_\_ **Connect with Friends:** Reach out to a friend for a meaningful catch-up.
- \_\_ **Mindful Consumption:** Be conscious of your consumption, whether shopping or eating.
- \_\_ **Reflect on Growth:** Think about how you've grown or changed this year.
- 24 Setting Intentions:** Set an intention for Christmas Day and the holiday.

