



Journaling download: Your time-out in spring

Spring - a time of awakening and new beginnings.

This season invites us to pause, take a deep breath and consciously focus on the things that really fulfill us. Use this moment to ask yourself the questions that move you forward - and connect with the calm and clarity of spring.

Take time and a quiet place to reflect on the following questions. Write down your thoughts freely and without filters. Let yourself be guided by the flow of words and thoughts.

1. what do you want to start anew in spring?

Spring is the perfect time to start new projects or changes. What is one thing you want to accomplish in your life this season?

2. what old habits or thoughts do you want to let go of?

Sometimes we have to let go of something to make room for something new. What old patterns are preventing you from really growing?

3. what gives you extra energy in spring?

What things, activities or people inspire and refresh you now? Perhaps the fresh mountain air, the chirping of the birds or the feeling of sun on your skin. What small moments give you strength?

4. how can you bring more calm and clarity into your everyday life?

Spring is a wonderful time to review your priorities. How can you find more calm and clarity in your hectic everyday life? What small changes would you like to make?



5. What does “recovery” mean to you?

Recovery is more than just a break - it is a return to yourself. What do you need to listen deeply to yourself and really recover? What kind of time out would do you good?

6. what would you like to discover or experience on Alp A Òra?

Imagine you are on the Alp A Òra. What questions would you like to answer there? What changes do you hope to see from a break in the mountains?

Conclusion:

Don't just let the answers to these questions remain words. Consciously set yourself small goals and start actively shaping your spring. Use the energy of this season to steer your course in a new direction. You have the freedom to choose the path.

Final thought:

"Spring is not just a season, it's an attitude. It's a time when you can renew yourself - just like the nature around you."

