

December

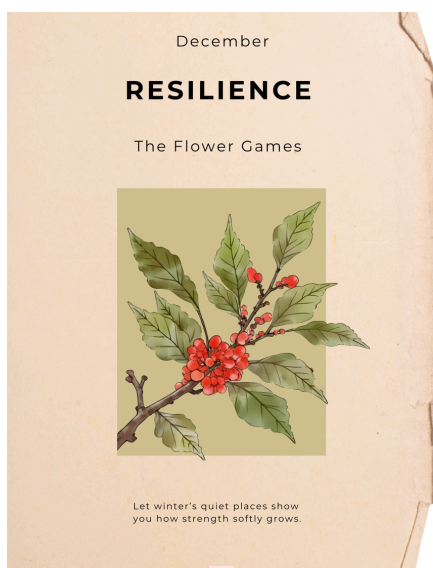
RESILIENCE

The Flower Games



Winter

welcome



Each Flower Game is a gentle creative challenge, a small circle of days devoted to one simple act of writing.

December arrives bright and demanding — full of lists, gatherings, expectations, and the soft ache of wanting to do it all.

But Holly teaches a different rhythm: the art of staying evergreen, of holding your color even in the deepest winter. A reminder that strength can be steady, subtle, and deeply soft.

This month, you'll receive three short prompts, two reflections, and a daily moment of noticing. I hope the workbook will offer tiny pockets of calm you can slip into no matter how full your days become.

Whether you have five minutes in a parked car, ten minutes before bed, or a quiet morning with tea, the Flower Games will help you return to that small spark within you that slowly renews.

Come as you are. Rest as you write.

— From the Creative House of The Museful Scribe

*The Museful
Scribe*

Modified
AI generated prompts to make writing fun

Disclaimer:

The Flowergames is designed to be a tool for creative self-expression and exploration. It is not intended to be a substitute for professional mental health or therapeutic advice. If you are struggling with significant emotional or psychological difficulties, please seek guidance from a qualified professional.

While the journal prompts and exercises are designed to inspire and encourage creativity, they may not be suitable for everyone. Use your own discretion and adjust the activities as needed to fit your individual needs and comfort level.

The author and publisher of this workbook are not responsible for any outcomes or experiences that may arise from using this journal.

Getting Started

STEP

01

ROOT INTO THE PRACTICE

This is an invitation to reconnect with the strength of your inner softness
Promise yourself you'll show up, even briefly.
Like holly roots anchoring through winter soil, your presence becomes your strength.

STEP

02

LISTEN FOR WHAT HOLDS YOU

You have already begun simply by opening this page, which is a small victory in itself.
Now let curiosity tug you by the sleeve. And listen.

STEP

03

LET THIS BE A SOFT RETURN TO STRENGTH

Resilience grows when we stop trying so hard to be strong and simply notice the strength that already lives in us.
Let your writing whisper the truth that you have weathered plenty and are still, somehow, beautifully blooming.

Ready to get started? Good, let's do it...

INVITING IN RESILIENCE

The Five Daily Petals of Practice

RESILIENCE

Loyalty is built through gentle repetition, and the quiet choice to show up again and again. These daily actions remind you that devotion doesn't need to be dramatic; it's the calm, consistent care that strengthens your creative roots.

1 • PETAL MOMENT

Begin your day by noticing one sign of resilience in yourself, in nature, or in someone you love.

It might be subtle: a decision you made, a boundary you held, a breath you took before speaking.

Write one line about it.

Resilience becomes easier to see when we choose to look for it.



2 • INK FLOW

RETURN TO THE PAGE

Set a 10-minute timer

Let your words name the strengths you have grown quietly over time.



3 • WINTER WALK

Take a gentle walk.

Notice how your body shifts as you move.

Bring that grounded strength back to your page.

Resilience lives in the body as surely as it lives in the mind.



4 • FORTITUDE LINE

At the end of your writing, name one moment today when you held firm, adapted, or softened wisely.

Big or small, it counts.

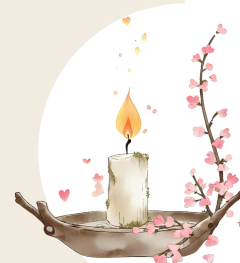
Resilience is a practice of acknowledgment.



5 • EVENING PETAL PRESS

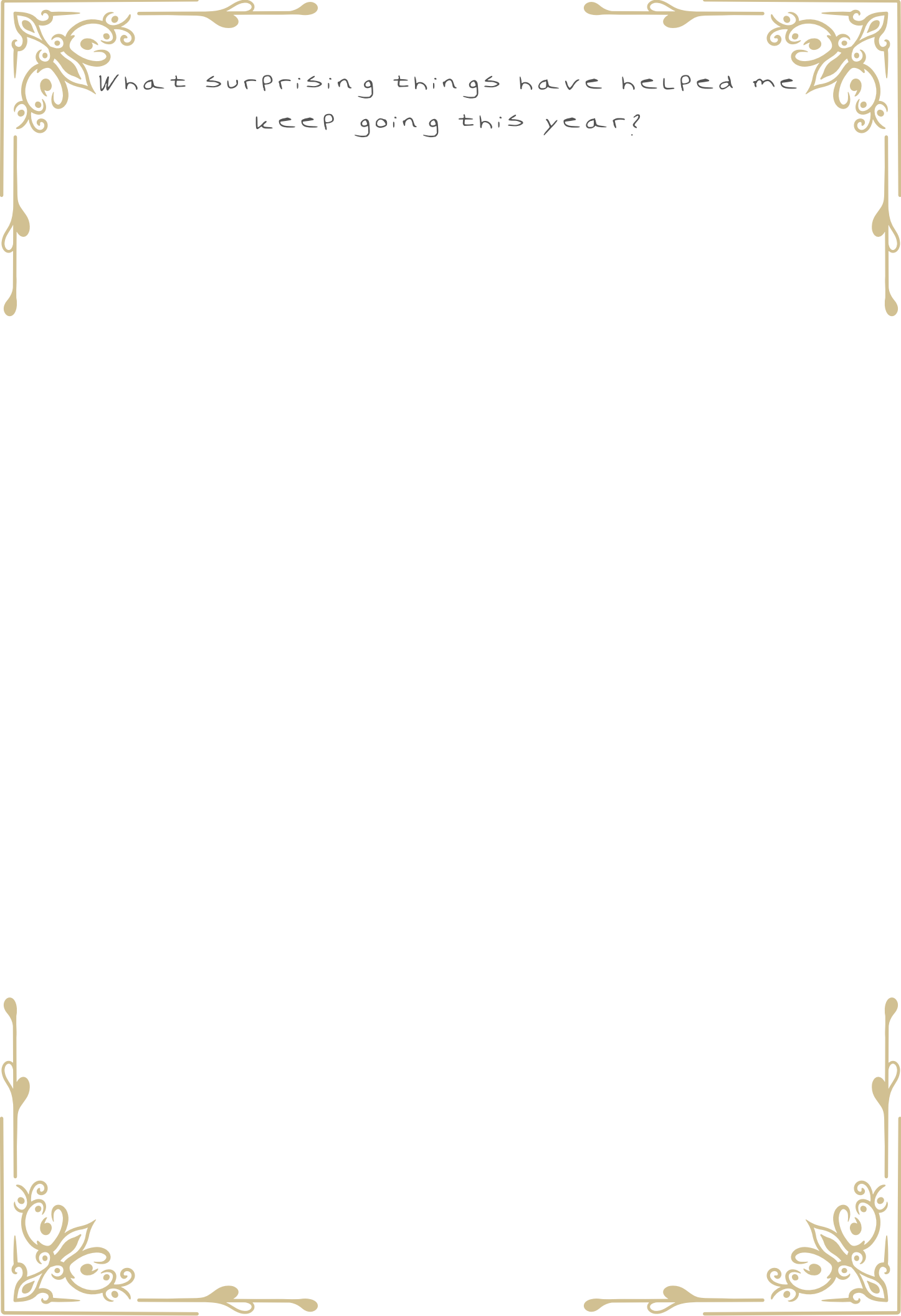
NIGHTFALL NESTING

As the day softens into darkness, gather three small moments that felt supportive.



SLIP AND RISE

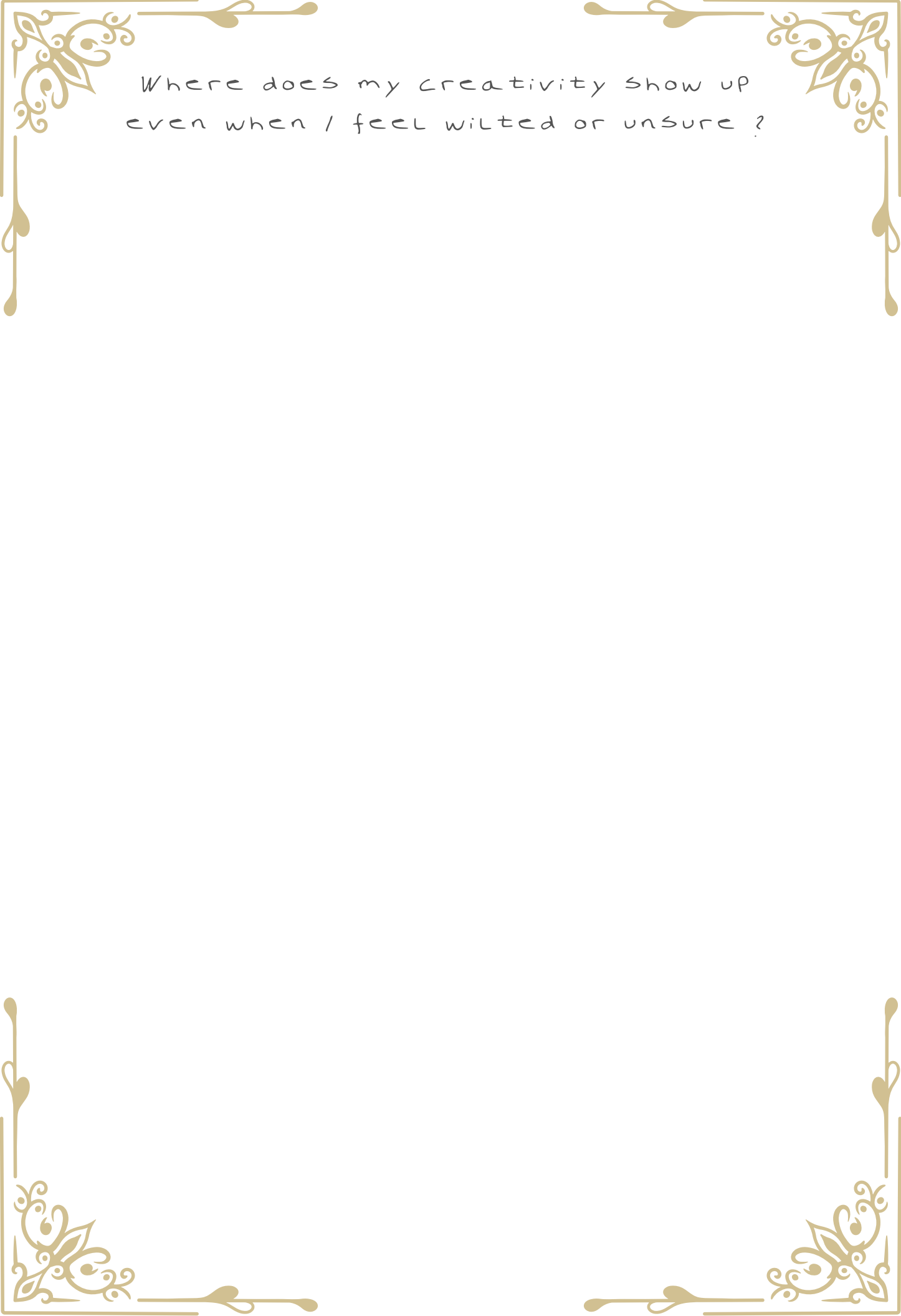
Write about a character who keeps slipping on the icy path of December but always pops back up



What surprising things have helped me
keep going this year?

WINTER RESILIENCE

Give resilience a winter personality: a stubborn candle flame, a chatty snowflake, or a determined robin.



Where does my creativity show up
even when I feel wilted or unsure?

RIVER ICE

Create a setting where a winter river remains partially unfrozen, cutting a silver line through the iced-over world.

THE FLOWER GAMES

Daily *Rhythm*

MONTH:



PETAL MOMENT



WRITING TIME



WALK

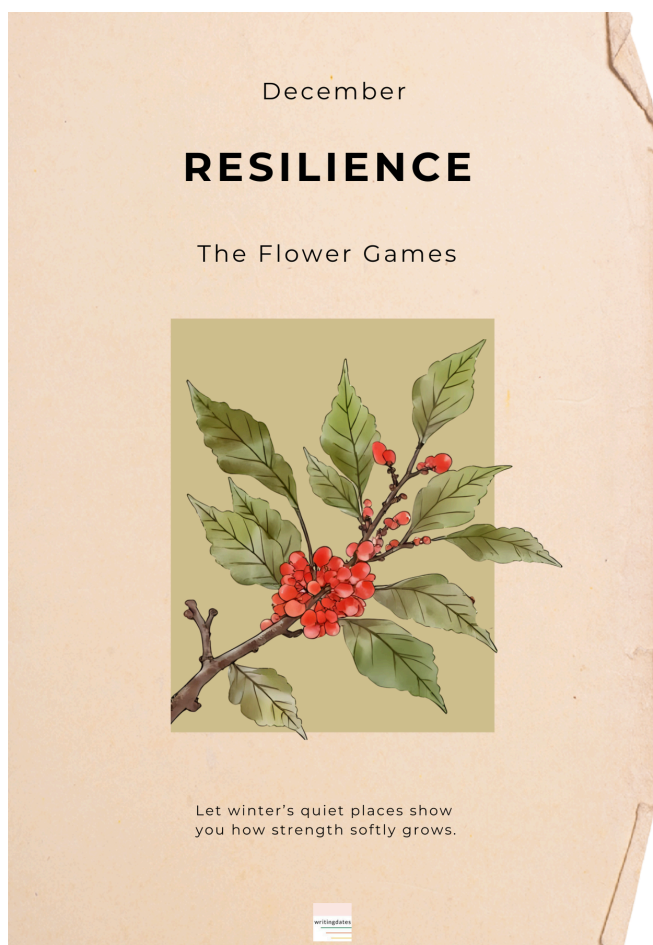


GRATITUDE



REFLECT

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You've *made* *it!*

🌸 You have spent these days returning to your page with honesty and presence.

Each small act of writing was a reminder that resilience is about **remaining yourself**, even when the world grows cold.

Notice the rooted way you inhabit your words.

Resilience grows in the places you chose to stay tender.

As you step forward, carry one line from this journey. It could be a truth, a vow, or a soft promise that reminds you of your own endurance.

Let it follow you into the days ahead like holly's bright berry: a small, brave ember of color against winter's grey.

May your words keep blooming

— From the Creative House of The Museful Scribe

The Museful
Scribe

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