

# 14 DAY BEGINNERS GUIDE TO *Hygge Living*

- DAY 1: RELAX WITH A GOOD BOOK AND A CUP OF TEA (OR COFFEE).
- DAY 2: TRY A NEW RECIPE TO EAT AT THE DINNER TABLE.
- DAY 3: TAKE A LONG WALK OUTSIDE IN NATURE.
- DAY 4: MAKE BREAKFAST IN BED FOR A LOVED ONE.
- DAY 5: WRAP YOURSELF IN COZY BLANKETS AND WATCH A CLASSIC MOVIE.
- DAY 6: SORT, CLEAN AND ORGANIZE A CLOSET IN YOUR HOME.
- DAY 7: SEND A HAND-WRITTEN CARD TO A LOVED ONE.
- DAY 8: PACK A PICNIC AND TAKE IT TO A NEARBY PARK.
- DAY 9: GO STARGAZING IN YOUR BACKYARD OR A NATURE PARK NEAR YOU.
- DAY 10: CHOOSE AND INVEST TIME IN A NEW HOBBY.
- DAY 11: HAVE A SCREEN-FREE EVENING WITH FAMILY.
- DAY 12: CLEAN OUT YOUR CAR AND WASH THE EXTERIOR.
- DAY 13: CALL A FRIEND JUST TO CHAT.
- DAY 14: WRITE A GRATITUDE AND GOALS LIST.