

A Day Of Hygge Challenge

- ★ Open curtains and windows and welcome the light and fresh air in
- ★ Put on a comfortable outfit that makes you feel good
- ★ Make yourself a nice warm cup of tea or coffee
- ★ Have a healthy breakfast with oats and fruits
- ★ Go for a walk or a bike ride
- ★ Have lunch with an old friend
- ★ Have a treat with your afternoon tea: chocolates, cake, cookies...
- ★ Put some fresh sheets on your bed
- ★ Light candles when it's getting dark
- ★ Prepare a home cooked meal and eat it at a nicely set dinner table
- ★ Curl up on the couch and do some knitting, coloring or reading
- ★ Have a warm shower or bath and use a fresh towel to dry yourself
- ★ Write down three things you are grateful for today
- ★ Have a good night's sleep in your freshly made bed