

A Month Of Hygge Challenge

- ★ Have a day to yourself
- ★ Do something fun with your kids or partner
- ★ Spend a day outdoors
- ★ Go for a lunch walk
- ★ Abandon social media for 24 hours
- ★ Have a movie night with family or friends
- ★ Bake something and share it
- ★ Have a lunch date with a friend
- ★ Dedicate one day to serving others
- ★ Go out for dinner or drinks with friends
- ★ Write a thank you note to someone
- ★ Learn a new skill