

# A week of Hygge Challenge

## Monday

Start the week by treating yourself to a home cooked candle light dinner at a nicely set dinner table.

## Tuesday

Get the outside in by dressing up your favorite room with some flowers. If you can pluck them from your own garden, you earn extra hygge points!

## Wednesday

Go creative and make something. Knit, crochet, write, bake, sketch, paint... Choose something you love to do or something you've always wanted to learn.

## Thursday

Spend the evening without screens. Curl up on the couch with blankets, pillows and hot drinks and read a book or play a board game.

## Friday

Choose your favorite movie and watch it with family or friends. Don't forget to bring on some drinks and snacks!

## Saturday

Have a long bath, a mani-pedi and treat your body with your favorite lotions.

## Sunday

Head outside and explore nature. Go to a park and have a picnic, pack a bag and go hiking or visit a place of natural beauty you haven't been before.