

A year of Hygge Challenge

January = Hot Tea Month

Have an afternoon tea with your besties.

February = Chocolate Month

Organize a chocolate tasting.

March = Craft Month

Try a craft you haven't tried before: painting, knitting, sketching, wood working; take your pick!

April = Garden Month

Start growing some of your favorite herbs.

May = BBQ Month

Have some friends over for a backyard BBQ.

June = Great Outdoors Month

Take your exercise outdoors.

July = Ice Cream Month

Go to your favorite parlor and try a new flavor ice cream.

August = Happiness Happens Month

Do something nice for someone.

September = Read A New Book Month

Swap a book with a friend and maybe even start your own book club.

October = Apple Month

Go to an apple farm and pick your own apples or get them at a farmer's market. Next, bake your own apple pie.

November = Gratitude Month

Write a thank you note to someone.

December = Write A Friend Month

Write a personal message on Christmas cards to your family and friends.