

>>> What is Hygge To you?

Think about the last time you felt the most content, happy, and comfortable.

Where were you? _____

What were you doing? _____

Who were you with? _____

What made that moment special? _____

Now Think...



How can you replicate that moment in any given day?

Objects that you can surround yourself that make you feel calm:

_____	_____
_____	_____
_____	_____

A place or area you can easily access that inspires peace:

The time of day you can set aside for your Hygge:

Activities that makes you feel calm, peaceful, and present: (AKA Hygge)
