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)