

# March

# 2019

## March Challenge: Hygge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Prepare a hygge arsenal	2 Eat dinner by candlelight
3 Go screen-free for a day	4 Wake up early	5 Bake cookies	6 Cook comfort food for dinner	7 Read a book	8 Go for a walk	9 Watch a movie
10 Do something you loved as a child	11 Light some candles	12 Take a nap	13 Start a mid-day tea ritual	14 Bring the outdoors in	15 Host a game night	16 Meet a friend for coffee
17 Enjoy breakfast in bed	18 Create something	19 Use a favorite scent	20 Make your bedroom a retreat	21 Take a bubble bath	22 Create a cozy bedtime routine	23 Build a bonfire with friends
24 De-clutter one room	25 Do yoga by candlelight	26 Create a hygge nook in your home	27 Listen to music	28 Write down your thoughts	29 Wear something warm and cozy	30 Indulge with a treat
31 Be lazy for a day						 Head of the Homestead