

30 Days of *Cozy*

Autumn has settled in, wrapping us in its golden glow. It's the perfect time to slow down and savor life's simple comforts. Here are 30 of our favorite ways to stay cozy and connected all season long.

1

Light a candle before you start your morning.

2

Revisit a favorite childhood book.

3

Brew tea in your coziest mug and sip it slowly.

4

Step outside just to feel the crisp air on your cheeks.

5

Write a letter to someone you miss.

6

Tuck a kind note into a library book for a stranger to find.

7

Wear your favorite sweater, even if you're staying home.

8

Listen to an instrumental playlist while watching the rain (or pretending it's raining).

9

Bake something fragrant, even if it's just slice-and-bake cookies.

10

Press pause and watch the sunset.

11

Have breakfast for dinner - pajamas and all.

12

Re-arrange one small corner of your home to feel fresh and cozy.

13

Take a slow evening stroll with no destination.

14

Spend the evening by candlelight.

15

Make a cup of cocoa with a pinch of cinnamon.

16

Write a list titled "Things I Want to Do Slowly."



17

Watch a feel-good movie from your childhood.

18

Gather leaves and press them between pages of a book.

19

Turn your phone on "Do Not Disturb" for an hour.

20

Add twinkie lights somewhere unexpected.

21

Complete a coloring page or word puzzle.

22

Make a small ritual out of turning down your bed at night - smooth the sheets, fluff the pillow, light a candle.

23

Spend 10 minutes watching the clouds drift by.

24

Bake or buy a pie just because.

25

Write a list of tiny joys that make your heart full.

26

Rewatch your favorite comfort show

27

Go to bed early with a good book.

28

Handwrite your favorite quote and tape it somewhere visible.

29

Collect words and images from old books or magazines to make a "cozy collage."

30

Visit a thrift store and find an object that reminds you of your childhood home.

