

"Remember that lovely evening, surrounded by friends at home, maybe with a glass or cup of tea, and baked goods on the table. There were candles, the rain was beating on the window outside. There was laughter, conversation, and a feeling of comfort... you were present in the moment together. There was no before or after that mattered.

That's hygge."

- Unknown

10 WAYS TO HOST

- 1. Create a golden glow. Use table lamps and candles instead of harsh overhead lights.
- 2. When serving guests a hot drink, allow them to peruse your collection of mugs and choose their favorite.
- Simmer something on the stove. Is there anything cozier than the smell of a nice stew bubbling away?
- Plan the perfect playlist to play in the background. If you're stumped for ideas, most music-streaming websites allow you to search premade lists by mood. Select "rainy day" and you're all set.
- Pop some corn. Sure, it's easier to pop a bag in the microwave, but making it on the stovetop is still really easy and a lot of fun.
- Bake something sweet. There is nothing quite like the anticipation of waiting for the oven timer to chime. If you are pressed for time or not the most skilled baker, premade cookie dough can be just as delicious.
- Keep a basket of clean cozy socks for friends to change into after escaping the cold, wet weather outside.
- Scatter freshly washed blankets all around. Encourage guests to cuddle up under a blanket by grabbing one for yourself.
- Turn those phones on silent. To go one step further, have everyone drop their phone in a nearby basket.
- 10. Watch a movie from your childhood. You know those movies the ones you can recite every line from. Select one you all love and remember fondly, and enjoy recalling wonderful memories.





CREATING A Bank account OF Comfort

Words by Elle Harris



Comforting Sights:

Witnessing the moment day relents to night as the sun and moon trade places on the horizon.

Staring at stacks of books in colorful piles on shelves.

- Finding a basket of blankets in various lavish fabrics waiting for you to wrap yourself up.
- Spying invisible waves of wind tickling tall grass.
- Biscovering aged, worn, and well-loved furniture in an antique shop.
- Tracing your history in black-and-white photos of ancestors who allowed you to be.





Comforting Sounds:

- Hearing the papery swish of turning pages from an actual, physical book you're holding.
- Observing the gentle, even sound of breathing from a loved one or pet beside you.
- Paying attention to the sometimes whisper, sometimes roar of air running through trees.
- Tuning in to the sound of moving water in nature.
- Solving the mystery of foreign words being spoken around you.
- Relishing in the sound of your own name.

- Holding a warm cup of something delicious that promises to soothe your soul.
- Experiencing a kiss made of tenderness and placed on your forehead.

Entwining fingers with a hand that was made to fit into yours.

- Bright Enveloping yourself in the feel of your favorite sweater, worn to perfection with age.
- Finding yourself steadily grounded in the solid coolness of stones beneath your feet.

Feeling the steady beat of your heart, reminding you of your assured place in this world. »

Comforting Smells:

- Drinking in the thick, rich aroma of melted chocolate.
- Noticing the heavy, damp smell of coming rain.
- Entwining yourself in the soft, velvet perfume of wildflowers.

Breathing in the redolent bouquet of ink on printed pages.

- Reminiscing with a fragrance you associate with a loved one.
- Noticing the sharp, fresh scent of cut grass.

Comforting Tastes:

Delighting in the first bite of a homecooked meal after you've been away.

Savoring the soothing flavor of peppermint in iced-tea, rich cocoa, or bold coffee.

- Appreciating the delicate, spicy, or decadent taste of exotic cuisine prepared in its homeland.
- Acquainting yourself with the first taste of something cool on a sunkissed day.
- Encountering the cold burst of citrus fruit unfolding itself on your tastebuds.
- Acknowledging the privilege of a clean drink of water whenever you desire it.

Elle Harris is a believer of impossible things. She is a lover of words, wonder, and the whimsical delights of everyday living. Caught in the creative place between reality and imagination is her favorite place to be. Please join Elle in pursuing life with intention and grand conversation on her blog, thisqoutablelife.wordpress.com. Find Elle on Facebook, Instagram, and Twitter (@ElleHarris82).



Creating a bank account of comfort can help us savor the small pieces of contentment that can be found in the ordinary. What everyday joys bring you comfort? List a few things for every one of your senses.

Sights:

Sounds:

Smells:

Tastes:

Feelings:

TWO-WEEK Cozy Challenge

Tt's easy to feel like you want to do all the cozy things is simplicity as well as taking things slowly. Ease into this lifestyle by doing one cozy thing a day for the next two weeks. Have some of your own ideas? Make up your own two-week challenge on the following spread!

- \square \mathcal{V}_{av} 1: Turn off the lights, turn on a heartwarming movie, and watch it under the warmth of a blanket.
- \square M_{MV} 2: Cook a meal that needs to simmer on the stove all afternoon long.
- □ Way 3: Host a board-game night.
- ☐ Way 4: Have a no-screens night. Light some candles, grab a book, or simply have a conversation with your family.
- Way 5: Hang twinkle lights in your bedroom or living room.
- ☐ Way 6: Read a cozy, light-hearted mystery. (Agatha Christie is always a favorite!)
- Way 7: Make a batch of hot chocolate from scratch.
- Way 8: Gather up all your extra throw blankets and pillows, and pile them high on your couch.
- May 9: Have a candlelit picnic on the floor of your living room.
- Way 10: Go for a walk in the woods.
- Day 11: Pour your coffee or tea, and head back to bed to enjoy it there.
- ☐ May 12: Host a soup exchange. Invite all attendees to bring a big batch of soup to share, as well as a few foodstorage containers. Everyone leaves with several soups to enjoy at home.
- □ Way 13: Create the perfect cozy essential oil blend to put in your diffuser.
- ☐ May 14: Spend the entire day in your pajamas.





Way 1	Way 5
Day 2	Day 6
Day 3	Day 7
Day 4	Day 8

Day 9	Day 13
Day 10	Day 14
Day 11	Notes
Day 11	Notes
	Notes

