

The Little Book of Hygge

by Meik Wiking

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Dim the room before you improve it**

Tonight, turn off overhead lights and use one warm lamp or candle. Notice how quickly the conversation and pace change.

MON TUE WED THU FRI SAT SUN

⁰² **Build a phone-free warm drink ritual**

Make tea, coffee, cocoa, or cider and leave phones in another room for twenty minutes. Keep the ritual small enough to repeat.

MON TUE WED THU FRI SAT SUN

⁰³ **Make one shared meal deliberately simple**

Choose soup, bread, pasta, or breakfast-for-dinner. The goal is not impressing anyone; it is keeping everyone at the table.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Add one texture of shelter**

Put a blanket, thick socks, a soft chair, or a favorite mug within reach. Hygge often starts through the body before it reaches the mood.

MON TUE WED THU FRI SAT SUN

⁰⁵ **End the day with a tiny gratitude round**

Ask each person for one ordinary thing that made the day easier. Keep it specific, low-pressure, and brief.