

THE HYGGE MANIFESTO



GRATITUDE

take it in, this might be as good as it gets



HARMONY

It's not a competition. We already like you. there is no need to brag about your achievements.



ATMOSPHERE

turn down the lights



PRESENCE

be here now. turn off the phones



PLEASURE

coffee, chocolate, cookies, cakes, candy. gimme! Gimme! Gimme!



COMFORT

get comfy. take a break. its all about relaxation



EQUILITY

"we" over "me". Share the tasks and the airtime???



TOGETHERNESS

build relationships and narritives "do you remember the time we...?"



TRUCE

no drama, let's discuss politics another day



SHELTER

this is your tribe. this is a place of peace and security

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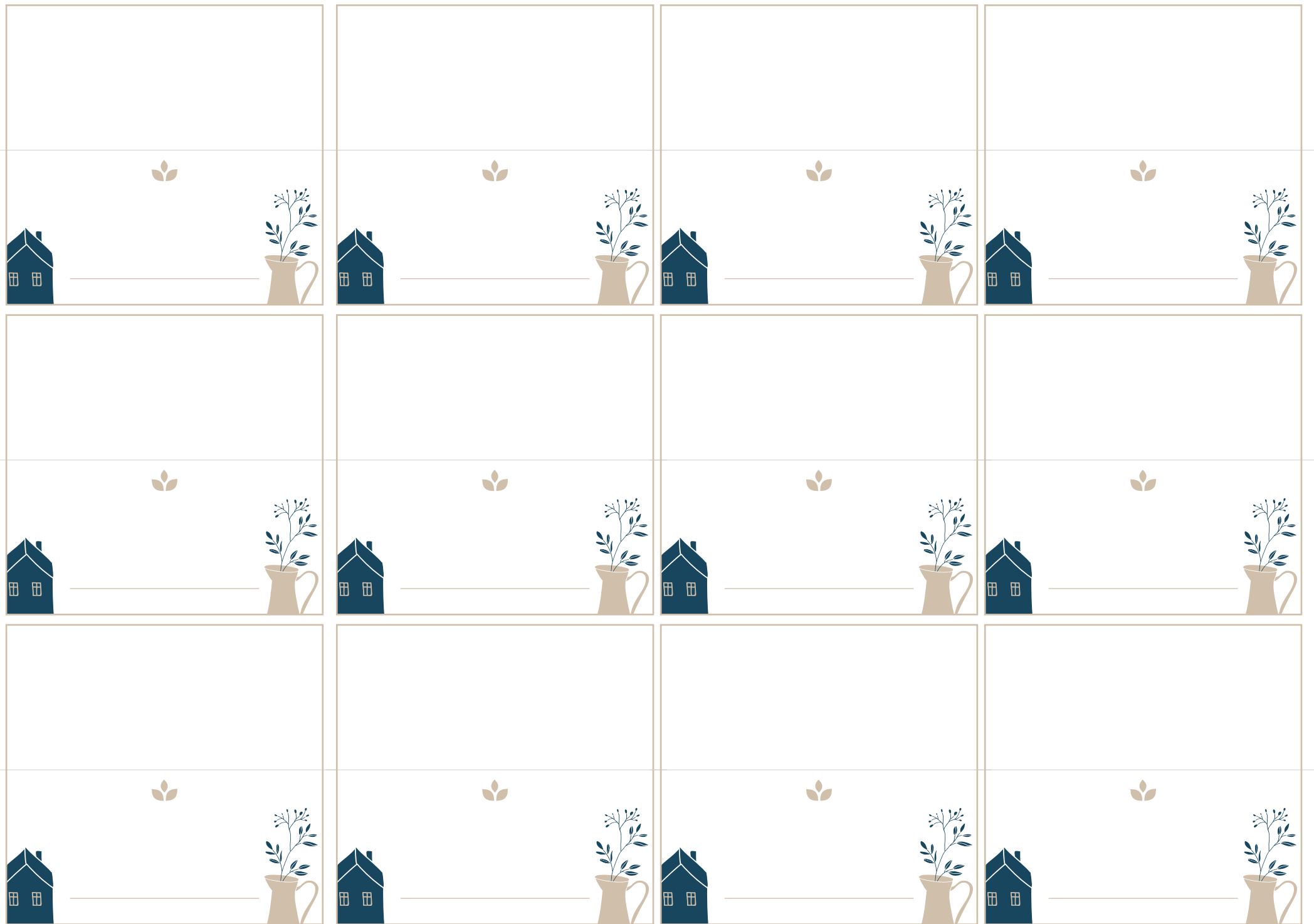
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HYDRATE



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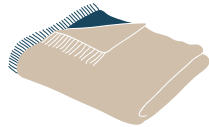
ENJOY A YUMMY
TREAT OR TWO



GET YOUR CRAFT ON



ENJOY THE LITTLE THINGS



GET COSY



LIGHT LOTS OF CANDLES





MAKE SOME
HOT CHOCOLATE

SURROUND YOURSELF
WITH NATURE





PEN YOUR THOUGHTS

PLAY A BOARD GAME







CANDLE

May always have light
through the darkest times



OLIVE OIL

May you be
blessed with health
and well being



BREAD

May this house never
know hunger



HONEY

May you always enjoy
the sweetness of life



SALT AND HERBS

May there always
be flavour and spice
in your life



HOUSEPLANT

May your home always
have life



PINEAPPLE

May you enjoy good
cheer, warmth and
celebration



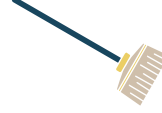
RICE

May the love in your
home multiply



SUGAR

May your life always
have sweetness



BROOM

May your home always
be clean



WINE

May you always have
joy and never go thirsty



WOOD

May your home have
stability, harmony
and peace



COIN

May you receive luck
and good fortune

Side 1



