

# Find Your Holiday Hygge

What brings you comfort and joy? Can you envision your own hygge? If you want, this could be a fun exercise with your loved ones as you talk about how you'll spend the holidays this year. Use the questions below to guide your thinking.

What brings you joy around the holidays? \_\_\_\_\_

As you reflect on the first question, what engages each of your senses?  
Sight? Taste? Sounds? Smell? Touch? \_\_\_\_\_

What makes you feel cozy in your home? \_\_\_\_\_

What makes you feel relaxed? \_\_\_\_\_

Who can you most be yourself with? \_\_\_\_\_

What are your favorite traditions? \_\_\_\_\_

Is there a new cozy tradition you want to start? \_\_\_\_\_

What reminds you of the people and places you love most? \_\_\_\_\_

What will make this year special for you? If gathering this year is difficult, what creative ways can you find hygge? \_\_\_\_\_