

15 IDEAS ON HOW  
TO MAKE AN

*Autumn* MORNING *Cozy*



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# Autumn MORNING Cozy

1. WAKE UP TO SOFT SHEETS
2. START YOUR DAY WEARING WARM, COZY SOCKS
3. DRESS WITH SOMETHING THAT MAKES YOU FEEL RELAXED AND COMFORTABLE
4. GET YOUR FAVORITE MELLOW MUSIC GOING
5. LIGHT A CANDLE WITH A SCENT THAT YOU LOVE
6. CHOOSE YOUR FAVORITE MUG FOR BREAKFAST
7. HAVE BREAKFAST WITH A THROW ON YOUR LAP
8. DRINK TEA/COFFEE FACING NATURE
9. HAVE A MAGAZINE/BOOK TO GLANCE AT WHILE ENJOYING BREAKFAST
10. JOURNAL, MAKE A QUICK SKETCH, OR DAYDREAM
11. LOOK TO THE OUTDOORS THROUGH A WINDOW
12. GO FOR A WALK BY YOURSELF OR WITH YOUR DOG
13. ON YOUR WALK SEARCH FOR LEAVES OR ACORNS
14. PRESS YOUR COLLECTED LEAVES IN BOOKS, AND STORE YOUR ACORNS IN A GLASS
15. TAKE A NICE WARM BATH/SHOWER