

Cozy October

One small ritual a day. Colour in the circle when it's done.

NAME _____

MY COZY TIME _____

MY COZY SPOT _____

MON

TUE

WED

THU

FRI

SAT

SUN

HOW IT WORKS

1. Do today's ritual (10–30 min).
2. Colour in the circle.
3. Write one word on the dashed line for how it felt.

Phone away for the ritual. Swap any day for another ritual.

1

Set the scene
Make a cozy corner.
Photo it.

2

Light something
10 min in soft light, no
phone.

3

Leaf walk
20 min with trees.
Bring one home.

4

Make soup
Any soup. Favourite
bowl.

5

Autumn playlist
10 songs. Play it at
dinner.

6

Warm drink
Make it slowly. Sit
down.

7

Swap one thing
Summer thing out,
autumn in.

8

10 pages
Read under a
blanket.

9

Movie night
Autumn film, phones
away.

10

Check in
3 lines: how you
really are.
**WORLD MENTAL
HEALTH DAY**

11

Bake something
Apple, banana,
cinnamon.

12

**No-phone
morning**
First 20 minutes,
screen-free.

13

Slow bath
Low light. 15 minutes.

14

Write a letter
Paper, pen, one
person.

15

Call, don't text
Ring someone. 10
minutes.

16

**Cook for
someone**
Even soup counts.

17

Go out
Market, orchard,
forest.

18

Game or puzzle
Board game or a
jigsaw.

19

Candle dinner
A Monday, by
candlelight.

20

Make by hand
10 minutes. Badly is
fine.

21

Share your spot
Send the Day 1
photo.

22

Sunset walk
The last 15 min of
light.

23

**Clear one
surface**
Calm space, cozy
space.

24

Slow breakfast
Cook it. Sit. No rush.

25

Extra hour
Clocks go back
(UK/EU).
US: NOV 1

26

Evening light
Lamp, timer, warm
bulb.

27

Soup, round two
Freeze one for
November.

28

Journal a page
Coziest moment so
far?

29

Early bed
30 min early, with a
book.

30

Pumpkin prep
Carve, spice, pick a
film.

31

Day 31
Halloween. Pick 3 to
keep.
HALLOWEEN



Done



Swapped for another ritual



Not yet

Dashed line: one word for how it felt

Small is valid. Missed a day? Leave it blank and do today's.

harder.pro/blog/cozy-october-challenge

My 31 Cozy Rituals

Write a ritual in each box, or copy your favourites from page 1.

DAY 1 ☐	DAY 2 ☐	DAY 3 ☐	DAY 4 ☐	DAY 5 ☐	DAY 6 ☐	DAY 7 ☐
DAY 8 ☐	DAY 9 ☐	DAY 10 ☐	DAY 11 ☐	DAY 12 ☐	DAY 13 ☐	DAY 14 ☐
DAY 15 ☐	DAY 16 ☐	DAY 17 ☐	DAY 18 ☐	DAY 19 ☐	DAY 20 ☐	DAY 21 ☐
DAY 22 ☐	DAY 23 ☐	DAY 24 ☐	DAY 25 ☐	DAY 26 ☐	DAY 27 ☐	DAY 28 ☐
DAY 29 ☐	DAY 30 ☐	DAY 31 ☐				

KEEP FOR NOVEMBER

- 1

- 2

- 3

THE ONLY RULES

Small counts. Ten minutes with a candle and no phone is a full day.

Swap freely. If today's ritual doesn't fit, pick any other one.

Phone away for the ritual, not the whole day.

Missed a day? Don't double up. Just do today's.