

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.