

THE HYGGE MANIFESTO



1. **ATMOSPHERE**
Turn down the lights.



2. **PRESENCE**
Be here now. Turn off the phones.



3. **PLEASURE**
Coffee, chocolate, cookies, cakes, candy. Gimme! Gimme! Gimme!



4. **EQUALITY**
"We" over "me." Share the tasks and the airtime.



5. **GRATITUDE**
Take it in. This might be as good as it gets.



6. **HARMONY**
It's not a competition. We already like you. There is no need to brag about your achievements.



7. **COMFORT**
Get comfy. Take a break. It's all about relaxation.



8. **TRUCE**
No drama. Let's discuss politics another day.



9. **TOGETHERNESS**
Build relationships and narratives. "Do you remember the time we ...?"



10. **SHELTER**
This is your tribe. This is a place of peace and security.