

A COZY LIVING STARTER GUIDE

*Koselig: A Gentle
Way to Feel at Home*

SIMPLIFIED *Home*

A warm, inviting living room scene. In the background, a white fireplace mantel holds several lit candles in holders and a dark mug. A fire burns brightly in the fireplace. In the foreground, a wicker basket sits on a wooden floor, containing a lit candle. To the right, a dark armchair is draped with a thick, white, textured blanket. A lantern is visible on the left side of the frame.

A GENTLE WAY TO FEEL AT HOME

A Cozy Living Starter Guide

This guide is an invitation to slow down, soften your pace, and begin feeling at home in your life—without fixing or forcing anything.

A rustic living room with a stone fireplace, a leather sofa, and large windows. The room is filled with natural light from the windows and a warm fire in the fireplace. The decor includes a wooden coffee table, a large potted plant, and a round wooden clock on the wall.

What Cozy Living Really Means

Inspired by the Norwegian idea of koselig, cozy living is not about perfection or aesthetics. It is about comfort, emotional safety and choosing presence over pressure.

It's the feeling of being able to exhale. Of letting ordinary moments be enough.

The 5 Pillars of Cozy Living

- Slow Moments – Choose one small pause in your day.
- Soft Light – Replace harsh lighting with warmth where you can.
- Comfort Rituals – Repeat simple habits that feel grounding.
- Lived-In Spaces – Let your home support you, not impress others.
- Gentle Presence – Notice what already feels steady or safe.



A Cozy Day Mini Guide

Morning: Begin with one intentional breath or quiet sip of something warm.

Afternoon: Take a small pause—step outside, stretch, or sit for a moment.

Evening: Dim the lights and allow one thing to wait until tomorrow.



An Invitation

You do not need to change your entire life to live gently.

If you'd like a deeper companion for this journey, The Cozy Living Journal was created to give you space to practice this way of being—slowly, honestly, and without pressure.

You are welcome here.

SIMPLIFIED *Home*