

The 3 C's for Living the Hygge Lifestyle



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Welcome to the Hygge Family!

Hygge (pronounced hue-guh not hoo-gah) is a lifestyle mostly known to those from a Danish or Norwegian heritage. It is a simple lifestyle that flows naturally, but for most of us not accustomed to this lifestyle choice it will take intention to recondition old habits.

While learning about Hygge, I resonated with it deeply. It reminded me of comforting moments within my childhood and the deep connections I built with my grandparents. While I didn't know of this lifestyle specifically during the years when my two oldest were still at home, I had naturally drawn from those memories to intentionally create a lifestyle very similar to Hygge.

Intentionally creating a Hygge Lifestyle for me and my family was the foundation for my own personal growth journey. This foundation has helped me through massive transformation and as I transformed my career from an Engineer to a Certified Mindset Coach, I continue to embrace this lifestyle for added balance within my own life.

While learning about this lifestyle, three common words kept coming forth as pillars for this lifestyle choice; I call these the 3 C's for Living the Hygge Lifestyle. In my opinion, everything about this lifestyle embodies Calm, Comfort, and Connection. In this short guide, I'll describe what each of these mean within the Hygge lifestyle.

Before I go! Since you have received this guide, I'd like to welcome you to the Hygge Challenge. I know firsthand, what it is like to try and transform a life into one you can love. When you've lived a certain way for many years, it can be difficult to make the adjustment. The Hygge Challenge is a mix of Hygge and mindset, where we continue our growth and expansion so the Hygge lifestyle comes naturally through our day.

I am so glad you are here with me. Let's get started!

Jacquie Ellis
MINDSET & BUSINESS COACH



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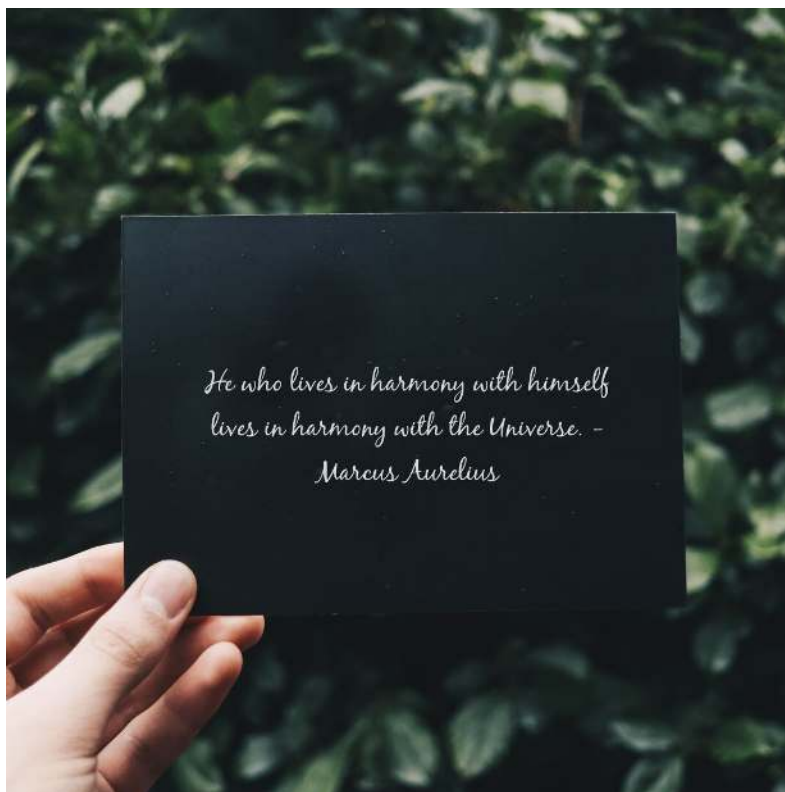
Calm

Through the most chaotic years, when the kids were small, I used to dream of calm. I'd run myself ragged doing everything for everyone, both at work and at home, then drop into bed exhausted. Even when my family wanted to help, I couldn't just let them help so I could sit, I had to participate in some way because otherwise it wouldn't be done the right way.

Now I look at those years and send loving energy to that old me. She didn't know what I know now, but she was still doing the best she could with what she knew at that time. I can't reverse time for me, but I can help others now and this is my mission.

The most obvious source of calmness, that is often thought of and discussed within the Hygge Lifestyle relates to your outer environment. These are lighting a candle, listening to music, or sitting by a fire and hearing the crackle of it as it dances before your eyes. It is bringing natural elements into your décor such as stone and wood, walls painted in a calming color, and a favorite place to relax (your [Hygge-krog](#)).

These can be easy to implement if you have the means to make them happen. You can transform your entire home to look like the picture-perfect Hygge home, however it isn't necessary because the biggest transformation for bringing calmness within your life starts within yourself.



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Calmness within is knowing you are on a journey of bringing more harmony within your life. It is loving yourself through each day, knowing you are doing the best you can with what you know in that moment. It is knowing when to give yourself the space to "refill your cup"; give yourself the space for self-care. Our intuition will guide us, always, and will let us know when we need to rest.

For me, I spent years believing the outer calmness of a candle was the answer. Yet I'd light the candle and multi-task my way through an evening. I couldn't relax. Then when something would upset the routines at home or at work, I'd find myself overly stressed, worried, and as my grandpa would say, "wound up tighter than spring."

I wasn't listening to my inner self, and not taking care of my physical self. This resulted in me struggling more than necessary. As a Mindset Coach, I help people tap into their intuition again and learn to bring calmness within them, so the outer chaos and life events won't faze them as much. It empowers them to live in a more calming way.

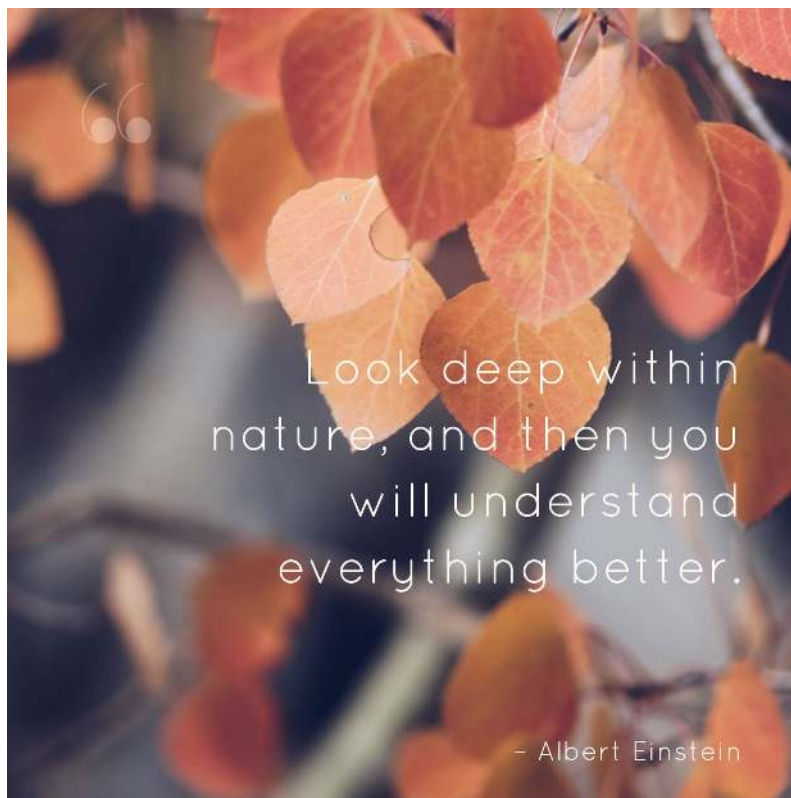
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Comfort

Mmmmm, comfort! Who doesn't like a comfortable, cozy blanket on a crisp evening? The blanket is a common staple within the Hygge lifestyle, and I collect them personally. They are literally everywhere in my home and I have them out all year long. *(I may have a problem...hahaha)*

Mindfulness within the food and drink we enjoy is also a huge part of Hygge Lifestyle. The Rule of 5 is about using our 5 senses to enjoy the moments we are nourishing our bodies. Hygge teaches us that the aroma of the food and drink is just as important as the taste and nutritional aspects of the item itself. In Hygge the entire experience from the sound of items sizzling, to the texture on the tongue creates comfort for our physical bodies. If we did this for every meal, snack and beverage, we would be living life with a higher vibrational energy and expressing more joy and love for ourselves.

Getting back to the blankets...what about our living space? Within Hygge we often talk about the comforting nature of your décor, such as furniture and decorations that have comforting energy for you. How your space is arranged, and how you feel within that space is what will help bring comfort within your outer life. The Hygge décor will often include natural elements of nature to you feel comforting within that space.



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I'd like to explore the concept of nature further. There is a Law of the Universe, the Law of Vibration, that states everything is energy and energy is everything. Nature has a calming and comforting energy for our higher vibration self. We were given the gift of nature to help ground our energies and bring stability when life feels out of balance. Nature is healing and calming as well as comforting.

Bringing more comfort within your life, starts with knowing when you need the grounding force of nature to rebalance your energies. However, true comfort is knowing how to tap into your own inner powers and trust your Higher Self to give you the guidance you need to be in balance.

It is knowing you are supported by Universe, no matter what. It is expanding beyond what used to be comfortable to explore who you were meant to be. It learning to be in divine flow and letting natural abundance bring you infinite comfort.

Years ago, I would have scoffed at this and stuck with the outer comfort only. Yet a comfortable couch and blanket never helped me transform my life as much as being able to live in divine flow. As a Mindset Coach, I help people decode the energies they are using in their day-to-day living. I give them the tools to help them step into their power and truly create lives they love. I teach them the patterns within nature that are helping us raise our vibrations.

When we can do this, we are living in flow and not struggling anymore. We aren't fighting the natural cycles of nature but allowing Universe to guide us through our growth and expansion. We are enjoying moments of comfort and living with calmness flowing through our life. Living the Hygge Lifestyle becomes easier and less foreign in conception, and we are BEING present within our life.

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Connection

This "C" was one of the main why's for wanting to slow life down. There was something deep within my soul calling me to find ways to connect to those I loved, but it was much deeper too. Hygge lifestyle readily encourages finding ways to connect with your coworkers, friends, and family. The time and space create with those people are meaningful and soothe that deep longing to feel connected to others.

This longing to feel connected to someone is hard-wired within our DNA. *EVERYONE*, including introverts, needs this feeling of connection. It is completely natural in how we operate as humans. However, when we live a busy life, this could be the hardest thing to intentionally make happen.

Over the years, I have realized a hard truth about connection, and it wasn't easy to admit to myself. The level of disconnection I felt within my relationships, strongly related to how disconnected I felt towards myself. As I avoided how I was feeling, stuffing my emotions to just get through the day, and not trusting my intuition created a lack of self-trust and was disconnecting me to my Higher Self, which inevitably created health issues both physically and mentally.



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Early on in my journey, I wanted a deeper connection with my husband and my kids. However, because I didn't understand the connection between my inner and outer world, it took an extreme amount of energy to stop moving long enough to be present. I did it, but it took way more effort than necessary. Back then, I didn't love myself, and wasn't take of care of myself at all. Now I know if i don't treat myself as my soulmate, and stay connected to my inner self, life gets hard and my outer relationships struggle too.

When it life doesn't flow with ease, I know there is something deeper going on that is bringing my energies out of balance and I look at the healing opportunity for me. The inner work and how you are connecting with yourself, and others is a large part of the work I do with people. Relationships, and how you are engaging within those relationship, as well as your relationship with yourself is the foundation of my practice.

When we are overwhelmed, stressed, or just feeling an imbalance of our energies it can be hard to take time for our self-care, let alone want to spend time with anyone else. Remember those tips I mentioned within Calm? The same tips apply here. As we learn to use our inner powers we naturally know when to create space for our own self-care. When we are taking care of ourselves and fill our energetic tank, we have excess to give for those around us; thus, allowing us to create deeper connections with others.

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Thank You!

Thank you for allowing me to be part of your journey and for willing to be part of mine. Together we can continue to explore the Hygge Lifestyle and use this grounding nature to help us expand and grow.

As a Mindset Coach, I know we are all on a journey and we all are at various stages of this journey. I also see many beating themselves up for not doing better. If this is you, please hug yourself and give yourself some love. You didn't know, what you know now.

This journey is one step at a time and the growth is infinite for each of us, however we can create a life we love by bravely taking each step and trusting in the journey. I believe in you and know that you are supported through everything, always.

No matter how hard life has been for you, you have found the courage to keep going and it has brought you to this moment. Way to go! I'm so thankful you are here with me. Welcome to the Hygge Challenge and taking those steps towards creating a life you love. If, at any time, you are ready to take the next step and are interested in one of my coaching programs, please book a [Clarity Call](#) to see if we are energetically a fit for each other.

Much Love,

Jacquie Ellis
MINDSET & BUSINESS COACH



A Little About Jacquie

Jacquie is a former Industrial Engineer that helped businesses improve their productivity and efficiencies through process design. After a deep calling to follow her purpose, she has transformed her career into helping people simplify life through personal transformation.

Now as a Certified Mindset Coach and Usui Reiki Master Practitioner, Jacquie is helping others decode the energies within their lives. Jacquie believes in empowering her clients to use practical methods that work within ALL aspects of their life. There is no separation between work and personal, after all, everything is energy and energy is everything.