

COZY VISION BOARD PARTY ORGANIZATION

Date of my Party

Choose a morning or afternoon with at least 3-4 hours of unscheduled time.

Day & Time: _____

The Guest List

Invite 2-5 kindred spirits who make you feel safe and seen.

1. _____
2. _____
3. _____
4. _____
5. _____

Invitation

Send a gentle "Save the Date" mentioning the vibe: "Bring your cozy socks and an open heart."

My invitation text: _____

Note:

Ask guests to start noticing images or words that resonate with them a week before you meet.

Creating the "Hygge" Atmosphere

- candles, fairy lights, or dimmable lamps
- diffuser with lavender/cedarwood
- blankets, floor cushions, or soft throws for the seating area

My Playlists / Songs I Like: _____

The Creative Supplies

- Poster boards, thick cardstock (A3 is perfect!), or high-quality art journal
- magazines (travel, nature, home, wellness)
- scissors for everyone, glue sticks, and decorative washi tape
- Metallic markers, fine-liners, and a stack of post-it notes
- Optional dried flowers, ribbons, or flat crystals to decorate the boards

Nourishment for the Soul

- The Tea Station (e.g. a variety of herbal teas, honey, and perhaps some oat milk for lattes.)
- Sweet & Savory Grazing (e.g. a simple board with dark chocolate, nuts, berries, and crackers.)
- Infused Water: a pitcher with cucumber or mint to stay hydrated.
- _____
- _____
- _____
- _____
- _____

My Shopping List:

The Gentle Flow (The Ritual)

- The Landing: 20 minutes of tea and light conversation.
- Heart-Storming: 10 minutes of quiet journaling with Lovelysloth prompts.
- The Intuitive Search: Relaxed magazine flipping (no overthinking!).
- Curation: Selecting the images that truly "glow."
- The Assembly: Building the board while listening to soft music.
- The Sacred Share: An optional, non-pressured sharing circle.

Beyond the Party

- Find a quiet, visible spot for your board (not a chaotic one).
- Identify one action you can take in 2 minutes or less this week.
- Say "I did it" out loud for every mini-win.

Lovelysloth Reminder:

IF YOU DON'T FINISH YOUR BOARD TODAY, THAT IS PERFECTLY OKAY. THE MAGIC IS IN THE GATHERING, NOT JUST THE RESULT.