

# 20 Ways to ENJOY HOUSEWORK

1. Open the Windows
2. Light Candles or run a Essential Oil Deffuser.
3. Have some tea or coffee.
4. Listen to an Audio Book, Music, or Podcast
5. Wear what makes you feel good.
6. Have a treat planned for yourself
7. Set up your space
8. Find cozy scenery on YouTube
9. Decorate as you go.
10. Wear an apron
11. Set a timer
12. Take a break
13. Keep your supplies handy.
14. Take before and after photos.
15. Put on cozy lighting.
16. Make a check list
17. Have someone help you
18. Put on a movie or TV show
19. Start with what you dread the most
20. Space it out

