



25 Simple Ways

To Adopt a *French Lifestyle* From Anywhere!

1. Prioritize Mealtime
2. Quality over Quantity
3. Learn to Cook French Food
4. Use Your Nice Things
5. Make an Effort in How You Present Yourself, Everyday
6. Take Care of Yourself
7. Walk More
8. Shop at Your Local Farmers Market
9. Enjoy a Classic French Breakfast
10. Explore the Arts
11. Eat Minimally Processed Whole Foods
12. Disconnect From Your Phone
13. Use Reusable Grocery Bags
14. Buy Fresh Flowers
15. Add *Le Goûter* to Your Day
16. Have Friends Over for *Apéro*
17. Serve Cheese After Dinner
18. Invest in French Made Home Goods
19. Do Something That You Are Passionate About
20. Work to Live, Don't Live to Work
21. Slow Down
22. Tune in to Some French Music
23. Plant a French Potager
24. Keep Up with Current News
25. Enjoy the Simple Pleasures of Everyday Life