



25 Simple Ways

To Adopt a *French Lifestyle*

From Anywhere!

1. Prioritize Mealtime
2. Choose Quality over Quantity
3. Learn to Cook Simple French Food
4. Use Your Beautiful Things Daily
5. Present Yourself with Care
6. Create Gentle Self-Care Rituals
7. Walk More
8. Shop Seasonally and Locally
9. Savor a French Breakfast
10. Explore the Arts
11. Eat Whole, Minimally Processed Foods
12. Put Down Your Phone
13. Carry Reusable Shopping Bags
14. Buy Fresh Flowers
15. Add *Le Goûter* to Your Day
16. Host Friends for *Apéro*
17. Serve Cheese After Dinner
18. Invest in French-Made Home Goods
19. Make Time for What You Love
20. Work to Live, Don't Live to Work
21. Slow Down
22. Play French Music
23. Grow a Potager Garden
24. Stay Informed and Curious
25. Find Joy in the Everyday