



Romanticize Your Life

A Lazy Girl Travel Checklist for Everyday Magic

Morning Moments

- Brew your coffee or tea slowly — add cinnamon, cardamom, or orange peel to feel fancy.
- Step outside (or open a window) and let sunlight or fresh air hit your face like a movie scene.
- Get dressed in something that makes you feel like the main character — even if you're just staying in.
- Play a playlist that sets the tone for the kind of day you want.

Daily Rituals

- Use a signature scent at a specific time of day (sunset, post-shower, before bed).
- Eat one meal screen-free, with music or candlelight — even if it's just toast.
- Take a photo of something ordinary and edit it like it's from a vintage film.
- Turn chores into rituals: do the dishes with jazz, fold laundry while daydreaming.

Mood & Movement

- Go for a slow walk just to notice colors, textures, and smells — not to burn calories.
- Light incense, diffuse oil, or burn a candle while you work or wind down.
- Dance barefoot in your kitchen to a nostalgic song.
- Take a hot shower or bath and imagine you're in a spa (robe optional, mindset essential).

Little Luxuries

- Pour your drink of choice into your nicest glass — even if it's just water.
- Read one page of a book you love (or pretend you're in a European café while reading on your phone).
- Buy yourself a single flower, fresh herb, or special fruit at the market.
- Sit in silence for five minutes and just watch the light move across the room.



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Lazy Girl Travel Reminders

- Beauty isn't expensive — it's intentional.
- You don't need a reason to slow down or enjoy things.
- Romance is a mindset, not a relationship status.
- You are allowed to feel good even when life isn't perfect.

10-Minute Micro-Moments

- Eat a slice of watermelon with sea salt while sitting on the floor.
- Sit on your bed with one candle lit and listen to a “Before Sunrise” soundtrack.
- Stand barefoot on your balcony, porch, or by a window and sip tea with both hands.
- Spray perfume or cologne on your wrists before doing chores.
- Light a tealight and clean your sink until it shines — pretend it's a Parisian flat.
- Peel a boiled egg slowly and eat it with olive oil, salt, and a tiny spoon.
- Rinse your face with cold water and pat dry with a clean, soft towel.
- Place a flower (or herb or weed!) in a glass jar by your bed or laptop.
- Watch your shadow on the wall while soft music plays.
- Put on socks fresh from the dryer and curl up under a blanket for 5 minutes.

Grocery Store Romance

- Buy one fruit you never eat (a fig, a pomegranate, a starfruit) and eat it like a love affair.
- Pick a \$5 bottle of wine and drink one glass out of your “fancy” cup.
- Choose a fresh herb and crush a bit into your palm just to smell it.
- Buy the good olives. Eat them slowly with toothpicks while standing at your counter.
- Get an unfamiliar cheese and try it while watching a moody film.

Lazy Girl Lens (Things to Photograph Like a Film Still)

- Sunlight on your breakfast or sheets.
- Steam rising from your cup.
- Your shoes by the door.
- A wrinkled napkin after lunch.
- The mirror fog after your shower.



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Evening Vibes for Broke Babes

- Read one paragraph of a book by candlelight, then daydream the rest of the story the way you want to.
- Play a vinyl-inspired Spotify playlist and pretend you're someone's muse.
- Turn off all the overhead lights. Just use a lamp and open the window.
- Eat dinner on the floor with a blanket, like an indoor picnic.
- Watch an old romantic film while oiling your legs or massaging your hands and feet.

Sensory Anchors You Can Set Today

- Assign one song to "golden hour" — play it at sunset every night this week.
- Pick a "Sunday scent" — even if it's just coconut oil or your favorite lotion.
- Choose a favorite spoon or cup and use it like it's your talisman.
- Let your body guide your movement for one song — sway, stretch, or dance with no goal.



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Create Your Own
