

YOUR FREE READER'S COMPANION

The Cozy Hobby Finder

A companion to The Cozy Book of Hobbies · by Nora Bellamy

Thank you for picking up the book. A hundred hobbies is wonderful and a little overwhelming, so this printable pack is here to help you actually choose one and start this week.

The secret to finding a hobby isn't picking the perfect one. It's trying a few cheaply, quickly, and without pressure, and noticing which one you keep thinking about afterward. That's your hobby. This finder is built to get you trying. - Nora

The Find-Your-Hobby Quiz

Answer these four, then read the matches below.

1. Do you want to use your hands, your body, or your mind?
2. Do you have 10 quiet minutes, an afternoon, or a regular weekly slot?
3. Indoors by a lamp, or outdoors in the air?
4. Tiny budget, or room to invest a little?

If you said...	Try these
Hands + indoors + tiny budget	origami, hand lettering, embroidery, knitting, sketching
Hands + an afternoon	candle making, pottery, baking, watercolor, soap making
Body + outdoors	walking, birdwatching, gardening, cycling, hiking
Body + indoors	yoga, tai chi, dancing, stretching, pilates
Mind + 10 minutes	crosswords, sudoku, journaling, learning a language, poetry
Mind + cozy evenings	chess, reading clubs, creative writing, bullet journaling
Quiet + collecting	houseplants, pressed flowers, vinyl records, stamps, teacups
Playful + with others	board games, card games, jigsaw puzzles, tabletop RPGs

The 30-Day "Try Five" Calendar

Don't commit. Sample. Pick five hobbies from your matches and give each one a week, except the last.

Week	Plan
Days 1-6	Hobby 1: buy the cheapest starter kit, do it three times
Days 7-12	Hobby 2: same, three short tries
Days 13-18	Hobby 3
Days 19-24	Hobby 4
Days 25-30	Go back to the ONE you kept thinking about

The one you missed on its off days is the keeper.

Starter Shopping Lists (cheap on purpose)

You do not need expensive gear to start. Here is the bare minimum for the most popular picks.

Hobby	Starter kit (under \$25)
Watercolor	a pan set, one round brush, a pad of watercolor paper
Knitting	one pair of size 8 needles, one ball of worsted yarn
Embroidery	a 6-inch hoop, a few skeins of floss, a needle, scrap cotton
Baking	a bowl, a whisk, a sheet pan, a bag of flour
Birdwatching	a cheap pair of binoculars and a free bird app
Journaling	one notebook and a pen you like
Calligraphy	a brush pen and a pad of smooth paper
Houseplants	one pothos, one pot, and a sunny windowsill

Hobbies for Ten Quiet Minutes

When that's all you've got: journaling, sketching, a crossword, hand lettering, learning ten words of a language, a few sun salutations, tending a plant, listening to one record start to finish.

Hobbies for a Tiny Budget

Almost free to start: walking, birdwatching, pressed flowers, drawing, journaling, reading, origami, learning a language with a library card, and bodyweight movement.

Pick three that made you curious. Try the cheapest one this weekend. You're not looking for the perfect hobby, just the next one. Go try something.

- Nora Bellamy