



A BASKETFUL OF LOVE

THEME 1

Comfort & Care

Extended Digital Companion —
Workbook Edition

A Basketful of Love — Light with Intention

WELCOME



Welcome to Theme 1: Comfort & Care

This workbook centers on warmth, safety, and ease. Cozy & Comfort baskets are designed to wrap someone in familiarity, softness, and care, whether they're resting, recovering, or simply slowing down.

Use these pages to intentionally choose items, tones, and messages that create comfort beyond the physical gift.

SETTING YOUR INTENTION



What does “comfort” mean to you right now?

Write freely without overthinking.

An intention I want this basket to hold:

YOUR BASKET VISION



What feeling do you want this basket to create?
(Check or circle any that apply)

- ☐ Warmth
- ☐ Safety
- ☐ Softness
- ☐ Rest
- ☐ Reassurance
- ☐ Gentle Joy
- ☐ Care
- ☐ Familiarity

Other: _____

Describe the mood this season carries for you:

GIFT ITEMS BRAINSTORM



What items instantly create comfort for you?

Think textures, scents, flavors, and small luxuries that feel grounding or familiar.

List everything that comes to mind:

COLOR & THEME FEELING BOARD



Choose the tones you want in your design:

- ☐ **Warm Neutrals**
(cream, oat, soft brown, warm beige)
- ☐ **Soft & Cozy Accents**
(dusty rose, sage, muted blue)
- ☐ **Classic Comfort**
(white, taupe, light gray)

My chosen palette:



MESSAGE / AFFIRMATION CREATOR



Write 3 comforting messages or notes to include with your basket:

1.

2.

3.

Optional:

*Rewrite one message into a short phrase
that could be used on a tag or card.*

PERSONAL REFLECTION



Who is this basket meant for, and why does comfort matter to them right now?

How do you want them to feel when they open it?

GRATITUDE MOMENT



Write three things that currently bring you comfort or peace

1.

2.

3.

WRAP-UP PAGE



Your Comfort & Care Takeaway Message:

Write one sentence that summarizes what "comfort" means to you.

Date Completed: