

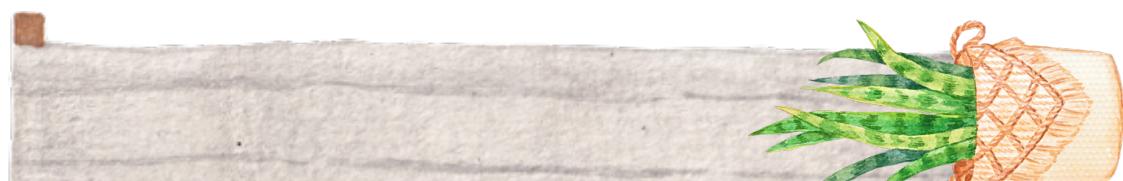
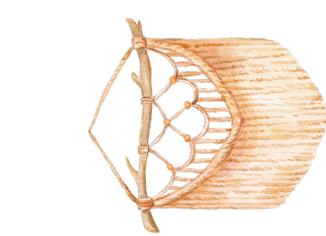


2022

hygge writing

journal

WWW.WRITINGMINDSET.ORG



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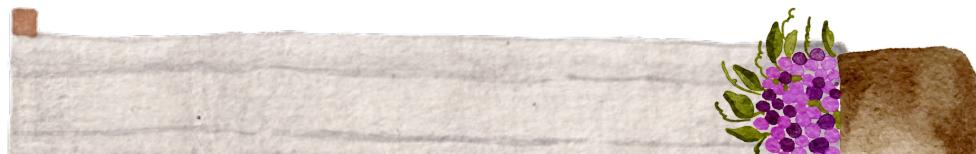
WRITING MINDSET, LLC | HYGGE WRITING JOURNAL

welcome

Let's start with how you pronounce hygge. To sound it out, you would say "hue-guh." Like the hues of the sun and guh rhyming with duh. Hygge is not about things, but how certain environments and situations make you feel. In short, hygge creates an atmosphere of calm and comfort in everyday things and experiences we all identify with naturally, and then these feelings create a sense of happiness.

The best way I can explain it is to give some examples. I love bookshops because of how they make me feel. Hygge. I love rainy mornings tucked away under warm blankets because of the comfort. Hygge. I am pulled back to journaling when I am stressed because of the calm. Hygge.

This journal is an ode to all things comfy and cozy. My hope is that you find your hygge and some happiness.





WRITING prompts

1 A colorful mood	2 Create a holiday	3 A happy equation	4 Beautiful sounds	5 Falling in love	6 Home	7 An unexpected gift
8 Good luck	9 Sunrise or sunset	10 Laughter is medicine	11 Scent memory	12 Memory quilt	13 Thought garden	14 Create a recipe
15 A heart house	16 Perfect playlist	17 Go for a walk after it rains	18 Find warmth	19 Watch the stars	20 Beach day	21 Road trip
22 Time for dessert	23 Gratitude	24 Day off	25 Find a cozy fire	26 Choose a season	27 Bucket list	28 Throw a party

FOUR WEEKS OF DAILY JOURNALING PROMPTS

day 1



Pick a color to describe your mood today. Make a list of everything you can think of in that color.

WORD ASSOCIATIONS

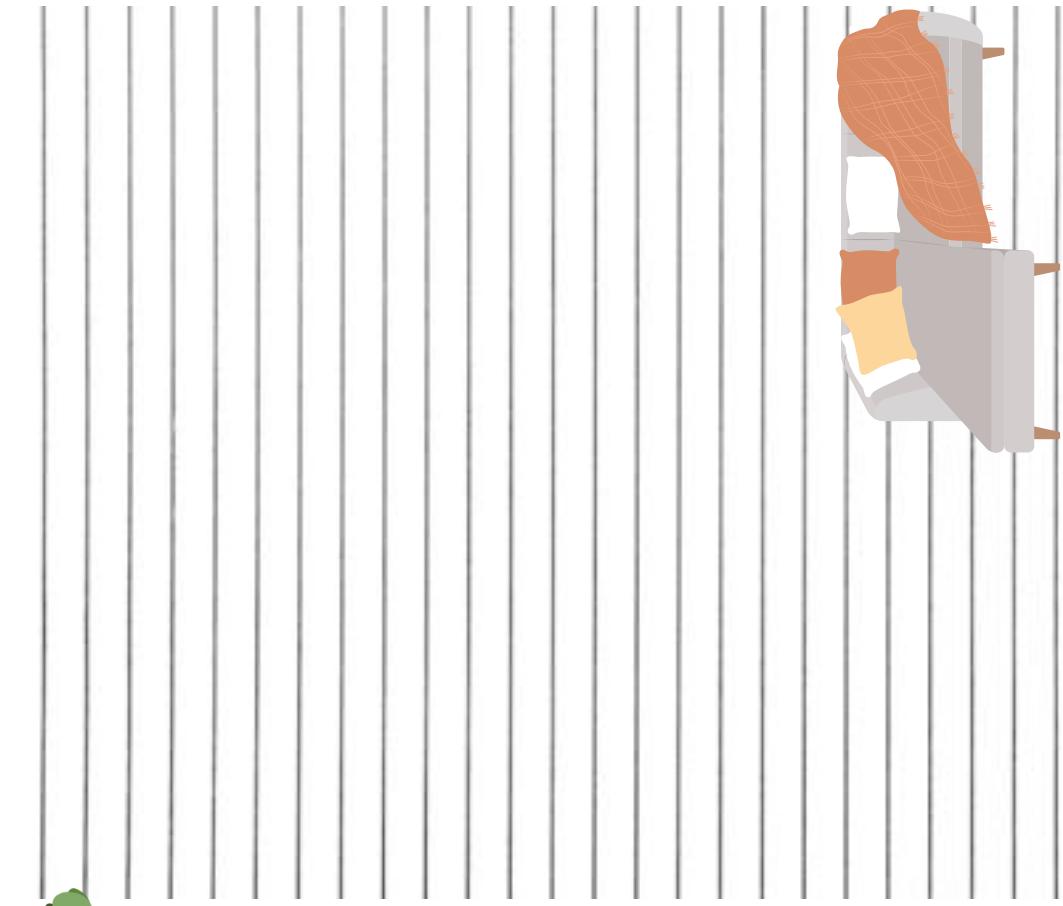
Reflective

Optimistic

Rainbow

Emotions

Vibrant



day 2

You created a new holiday that everyone must celebrate.
Describe the holiday and the reason for celebration.

WORD ASSOCIATIONS

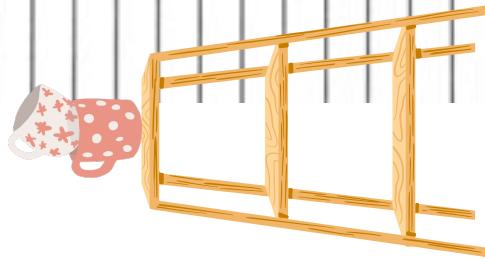
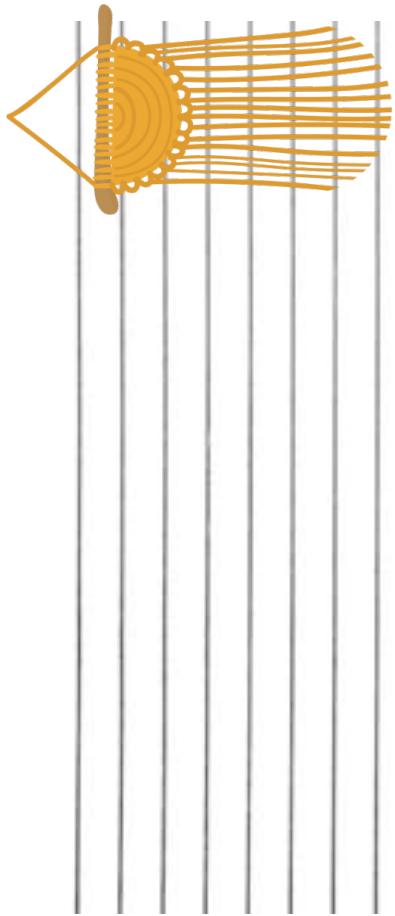
Visit

Special

Vacation

Gather

Ritual



day 3

Create a mathematical equation to show something you believe or know. Example: Hot morning coffee + Baby naps = Happiness.
What's the story behind this equation?

WORD ASSOCIATIONS

Passion

Dream

Gratitude

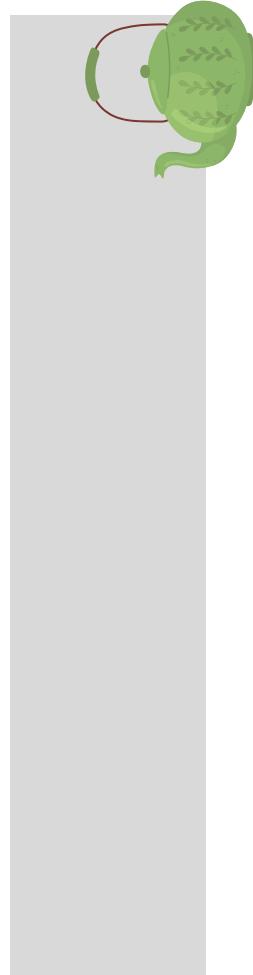
Serenity

Peace



day 4

What is the most beautiful sound you have ever heard?



WORD ASSOCIATIONS

Alarm

Whistle

Echo

Melodic

Chord



day 5

Write a story about falling in love. It can be with a person, a thing, an experience, or a moment.

WORD ASSOCIATIONS

Heart

Soul

Forever

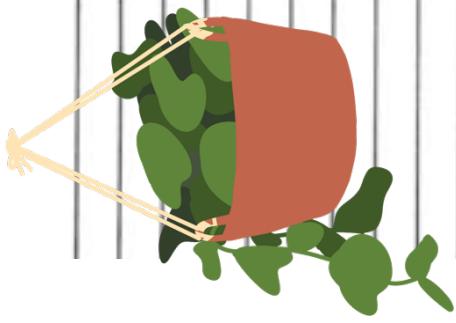
Feeling

Affection



day 6

Home can be places and people. Describe your home as a place and as a person.



WORD ASSOCIATIONS

Address

Welcome

Love

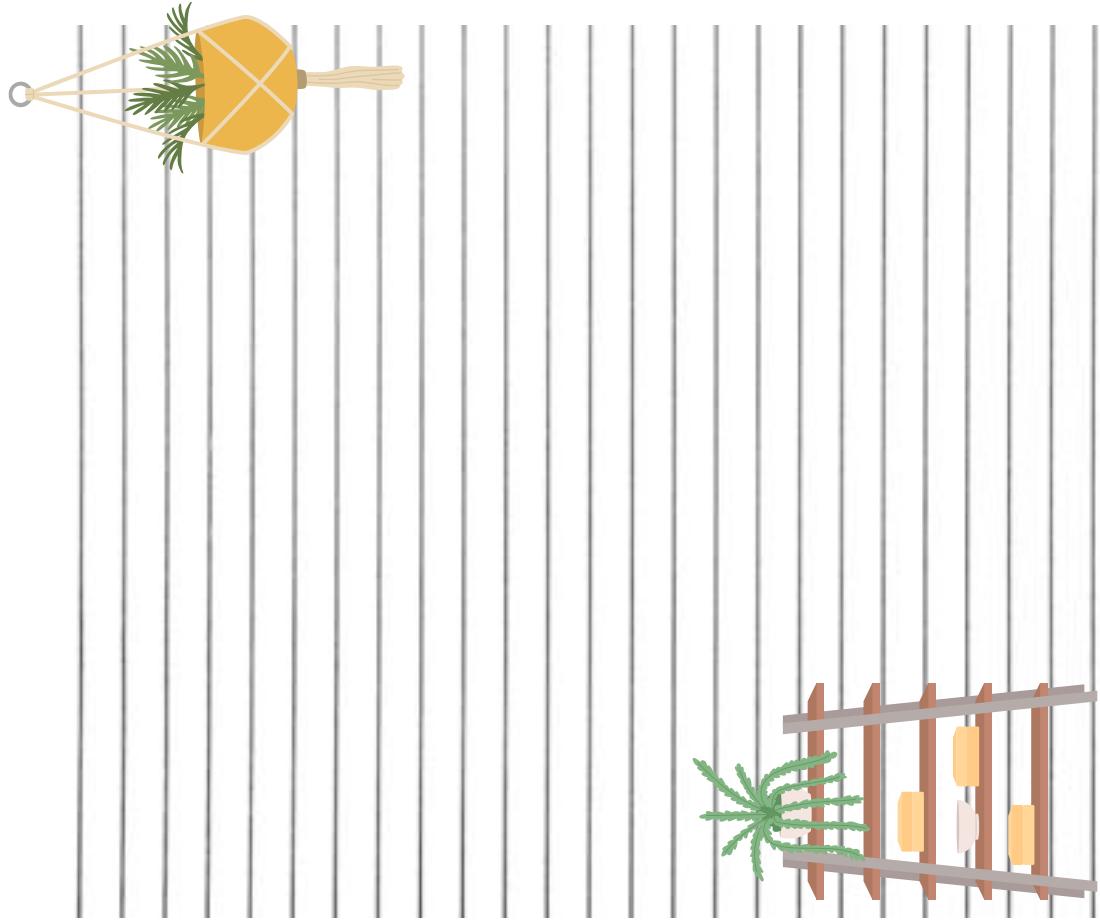
Warmth

Cozy



day 7

You find a gift wrapped on your doorstep. You don't know who it is from, but it has a note on it that says: "Unwrap me. Find happiness." What's in the box?



WORD ASSOCIATIONS

Bow/Ribbon

Gold/Silver

Wealth

Tied

Note

day 8

Choose something that is a good luck charm. Start a story by either seeing it or running into it.

WORD ASSOCIATIONS

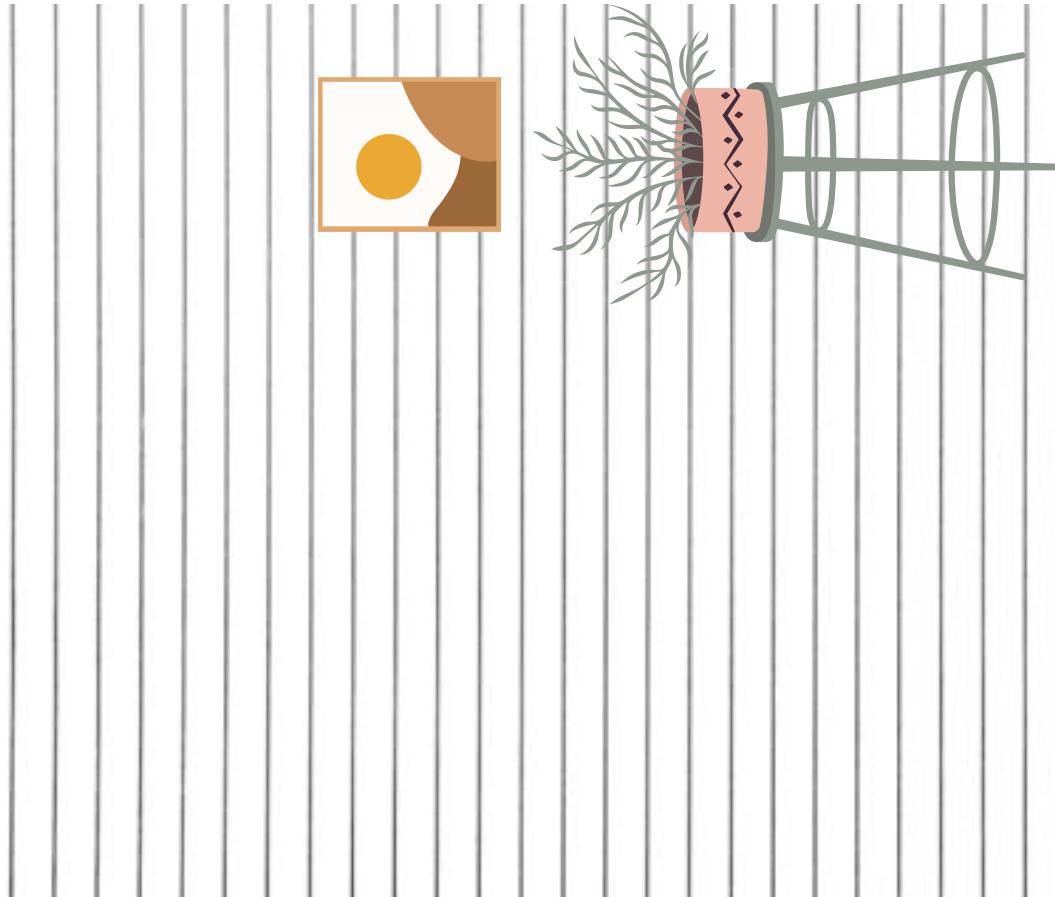
Wish

Fortune

Want

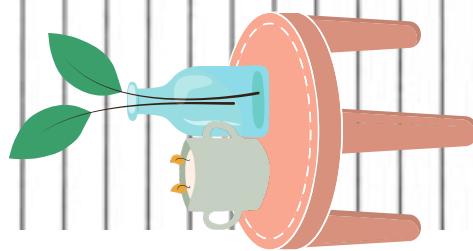
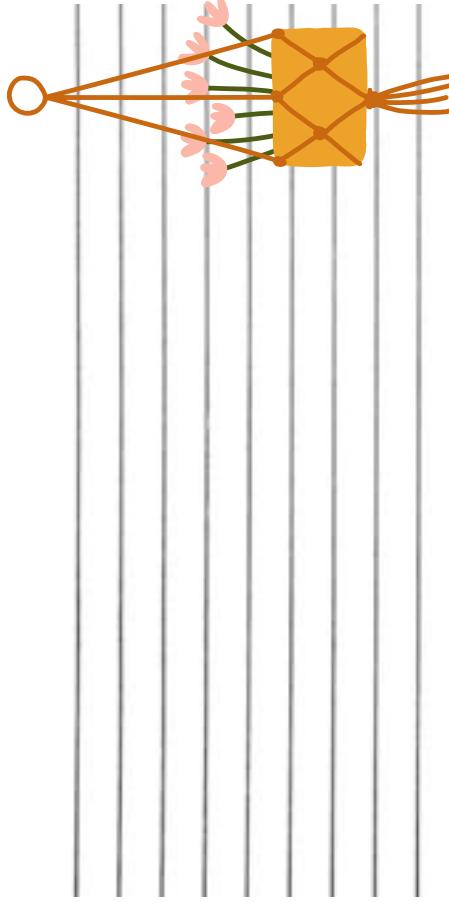
Pendant

Odds



day 9

Choose a sunrise or a sunset. Describe what you see in your mind.



WORD ASSOCIATIONS

Sky

Horizon

Gold/Orange/Red/Pink

Daylight

Dusk

day 10

Laughter is literally medicine. Describe what doses you take, what situations you need it most, and what the medicine looks and tastes like.

WORD ASSOCIATIONS

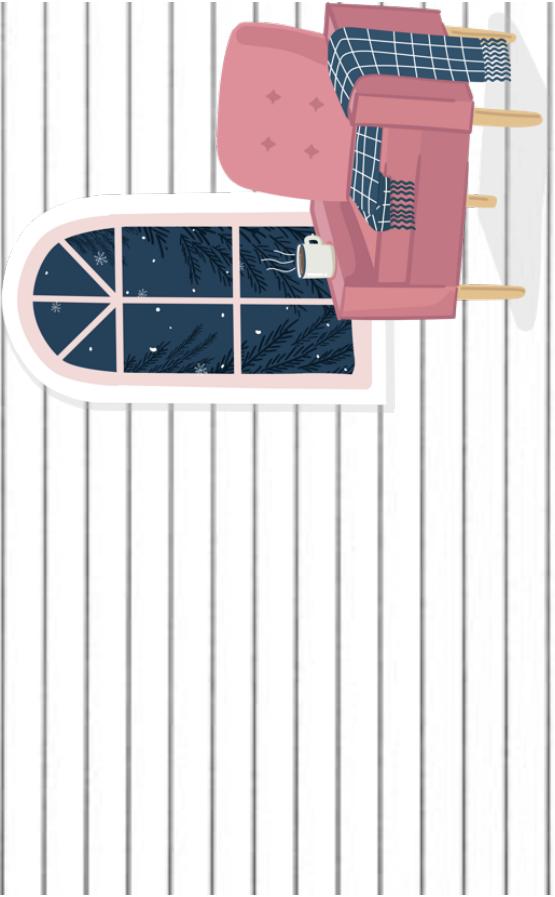
Belly

Cry

Giggle

Shake/Burst

Echo



day 11

Describe a scent memory. Scents are attached to people and places. What is a scent that is important to you?

WORD ASSOCIATIONS

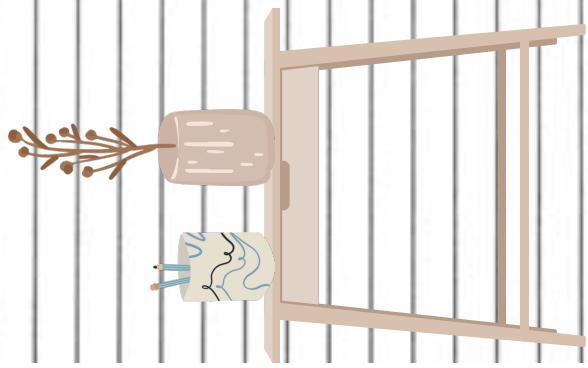
Nostril

Perfume

Aroma

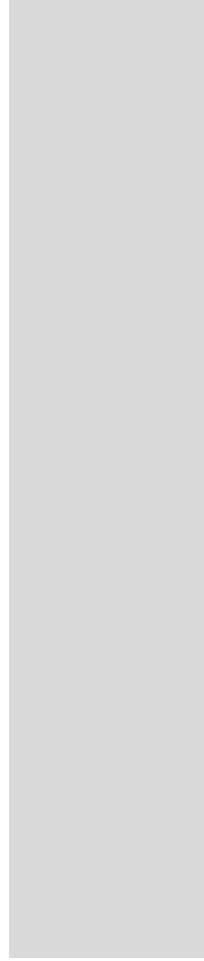
Faint

Linger



day 12

Create a quilt. Think about pictures or memories that are important to you. What scenes would you add to a quilt to keep you warm?



WORD ASSOCIATIONS

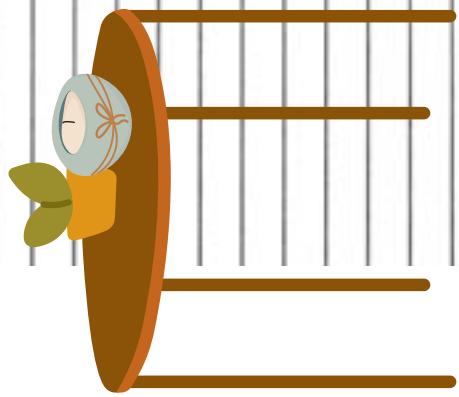
Embroidery

Sew

Decorative

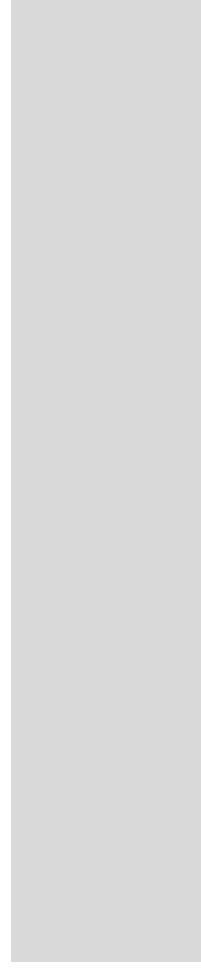
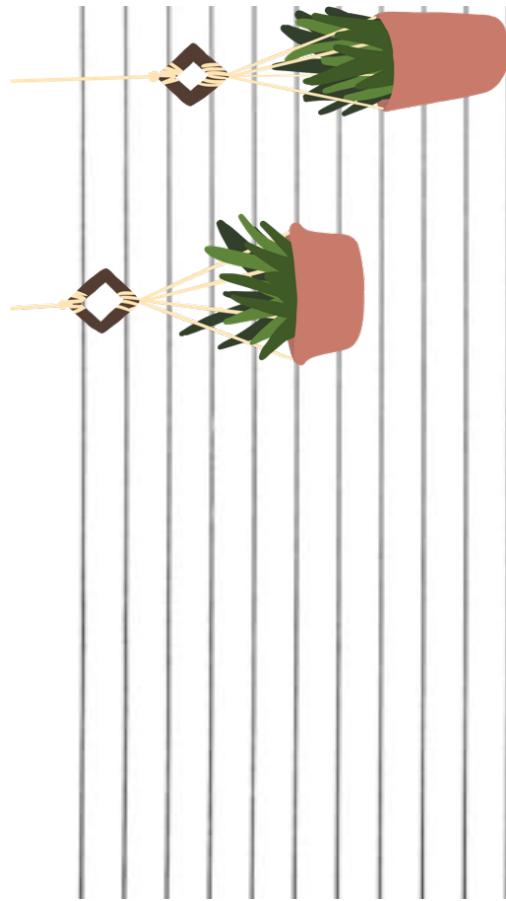
Pattern

Wrap



day 13

Create a thought garden. What ideas, thoughts, affirmations, and feelings do you grow? Think of it as a physical place you go and visit.



WORD ASSOCIATIONS

Terrace

Flower

Herb

Bloom

Plant



day 14

Write a recipe for an intangible thing. This could be something like love, laughter, disappointment, or worry.

WORD ASSOCIATIONS

Cookbook

Ingredient

Flavor

Measurement Amount-
oz, cup, tsp, tbsp, etc

Bake/Fry/Boil/Stew/
Steam/Chop/Slice



day 15

Describe your heart as if it were a house. Who lives in the rooms? How is it laid out?

WORD ASSOCIATIONS

Basement

Living Room

Kitchen

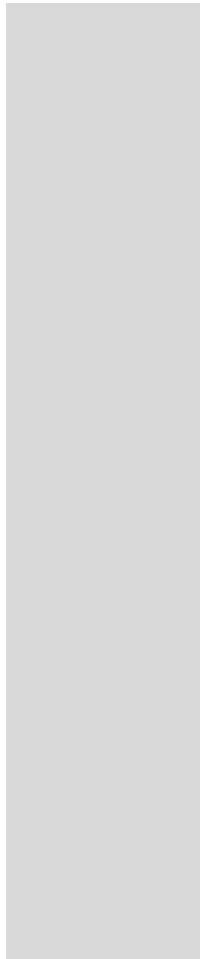
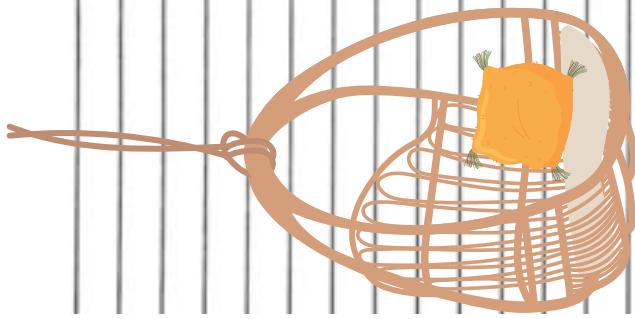
Roof

Doorway



day 16

Brainstorm the perfect go-to playlist.



WORD ASSOCIATIONS

Genre

Lyric

Beat

Funky

Play

day 17

The rain just stopped. Go for a walk and describe what you see, hear, smell, and feel.

WORD ASSOCIATIONS

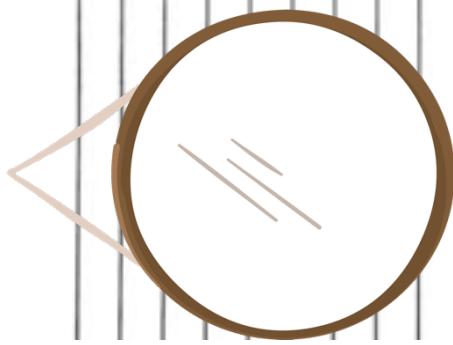
Damp

Puddle

Drop

Sprinkle

Freshness



day 18



Find warmth. Make a list of all things that make you physically and emotionally warm. Example: Blankets fresh from the dryer.

WORD ASSOCIATIONS

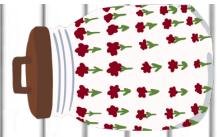
Radiate

Wrap

Heat

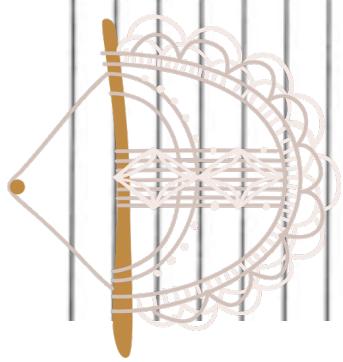
Temperature

Comfortable



day 19

Lay on a blanket at night and watch the stars. Describe what you see and feel. Choose one star to focus on for awhile.



WORD ASSOCIATIONS

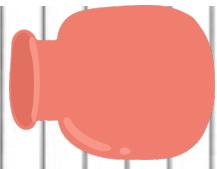
Constellation

Galaxy

Sky

Moon

Telescope



day 20

It is a beach day. How does looking at the water make you feel?
Describe the sand, the sound of the water, the sun, and who you are with in that moment.

WORD ASSOCIATIONS

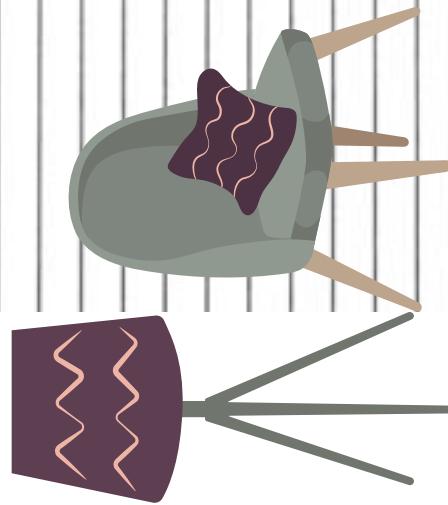
Sand

Shoreline

Wave

Picnic

Lighthouse



day 21

You get to leave today to go on a road trip. Make your itinerary.
Pack your bags, start driving, and see where it takes you!

WORD ASSOCIATIONS

Turnpike

Gears

Asphalt

Detour

Wander



day 22

The cookies are ready from the oven! Put together the best dessert in the world. Think cookies, cupcakes, donuts, and more. Make sure to describe flavors and toppings.

WORD ASSOCIATIONS

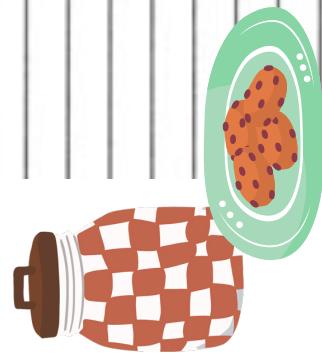
Flavor

Chocolate/Vanilla

Pastry

Syrup

Sprinkle



day 23

Gratitude is pausing to be present in the current moment. Stop and list everything that is going "right" in your world. Think about big and little things that matter to you.

WORD ASSOCIATIONS

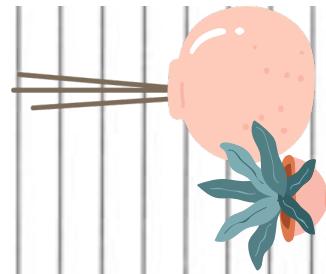
Generosity

Joy

Overflow

Happiness

Compassion



day 24

Take a day. All obligations, worries, prior commitments, work and meetings have been put on hold. You have a day to do whatever you would like. What do you choose to do with your time? What is your ideal day?

WORD ASSOCIATIONS

Leisure

Enjoyment

Idle

Curiosity

Indulge



day 25

Imagine you just started a warm fire. You can hear the crackling sounds in the background. Describe how you feel, what music is playing in the background, and what you are doing.

WORD ASSOCIATIONS

Ember

Warmth

Flame

Log

Flickering



day 26

Pick your favorite season. Describe what you love about it in detail. Example: Fall, crunchy leaves, pumpkins, and chai lattes

WORD ASSOCIATIONS

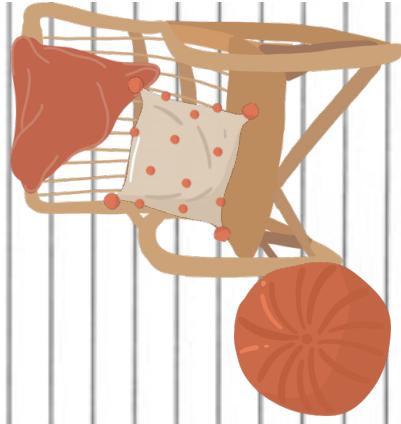
Nature

Trees

Dry/Wet

Vegetable/Fruit

Temperature



day 27

Create a bucket list of dreams. Where would you go? What would you like to do? Whom would you like to join you on your adventures? Try to aim for at least 10 items on your list.

WORD ASSOCIATIONS

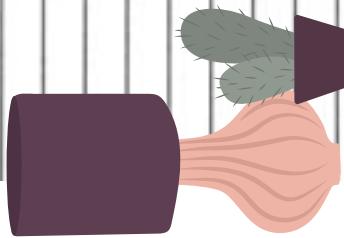
Passport

Adventure

Explore

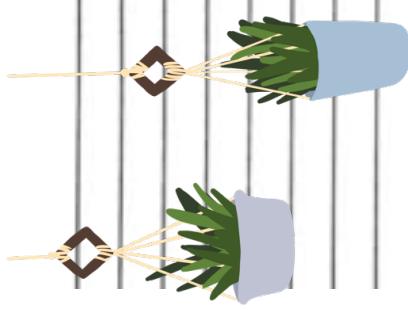
Map

Visit



day 28

Time to party! On the last day of journaling, you are the person to honor at a party. What would a party look like for you? Who would be there? How would you celebrate? What are the decorations?



WORD ASSOCIATIONS

Festivity

Feast

Indulge

Accomplishment

Toast

