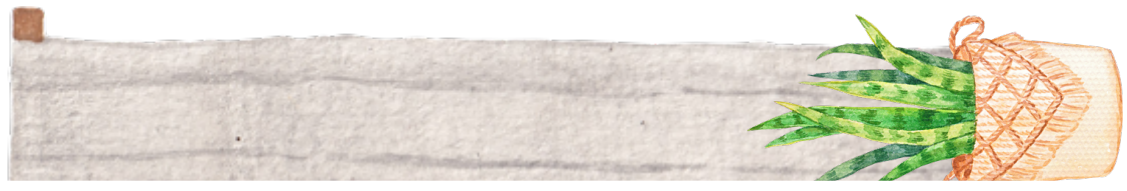




2022

hygge writing journal

WWW.WRITINGMINDSET.ORG



ABOUT THIS JOURNAL

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Journal designed using Canva software.

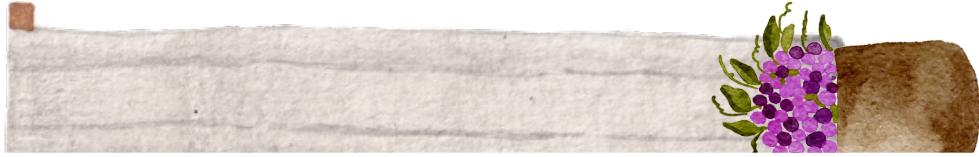


welcome

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.

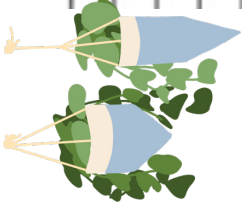


WRITING prompts



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

day 1



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

WORD ASSOCIATIONS

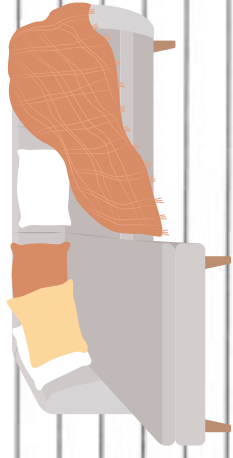
Reflective

Optimistic

Rainbow


Emotions

Vibrant



day 4

What is the most beautiful sound you have ever heard?



WORD ASSOCIATIONS

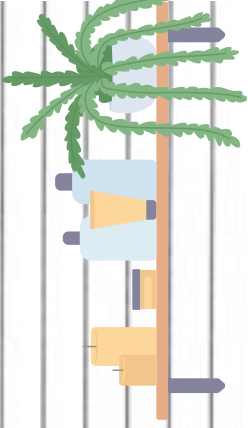
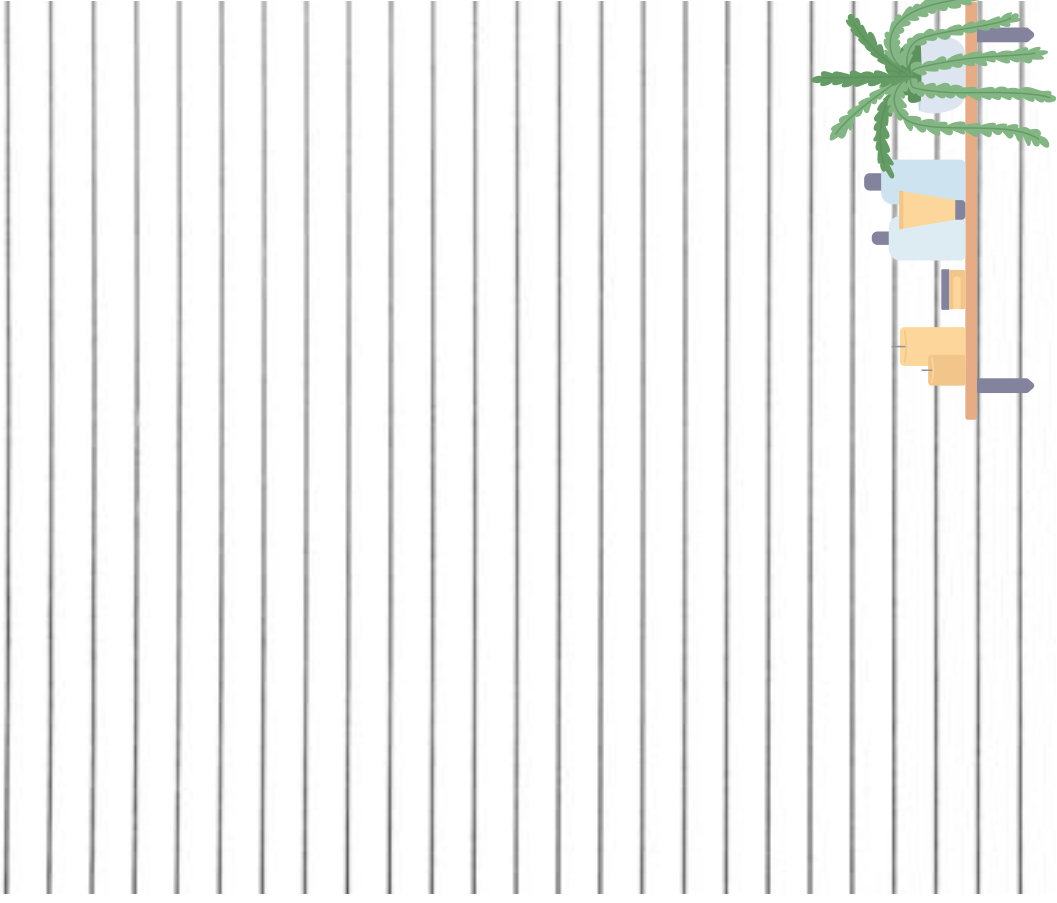
Alarm

Whistle

Echo

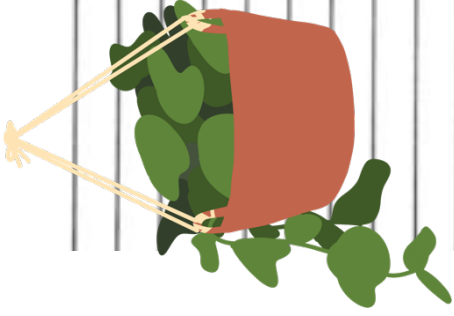
Melodic

Chord



day 6

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



WORD ASSOCIATIONS

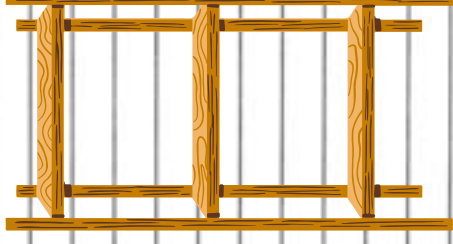
Address

Welcome

Love

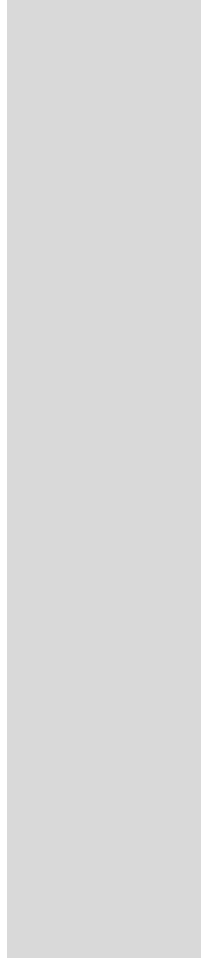
Warmth

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?



A series of horizontal lines for writing, divided into two sections by a vertical line. The top section has 10 lines, and the bottom section has 10 lines.

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

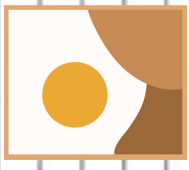
Wish

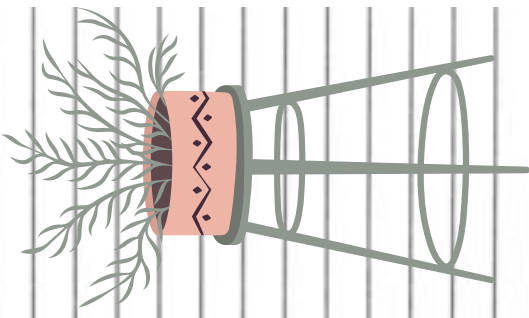
Fortune

Want

Pendant

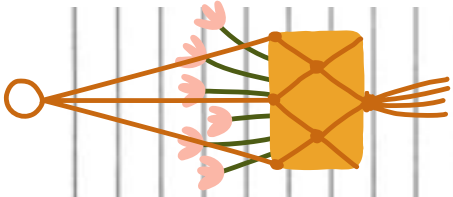
Odds





day 9

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



WORD ASSOCIATIONS

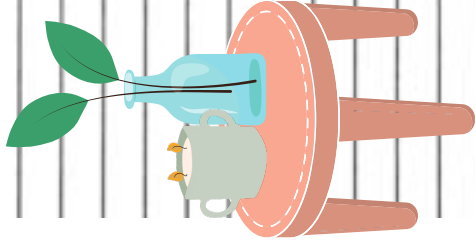
Sky

Horizon

Gold/Orange/Red/Pink

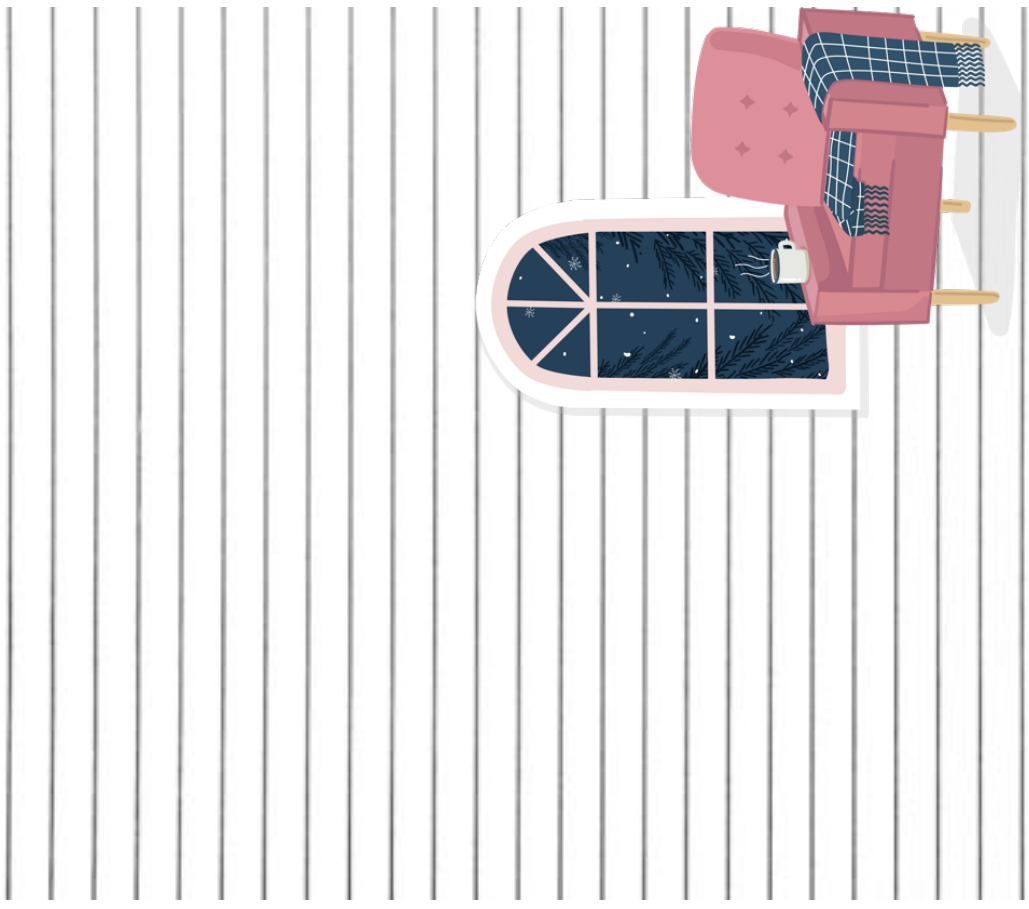
Daylight

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

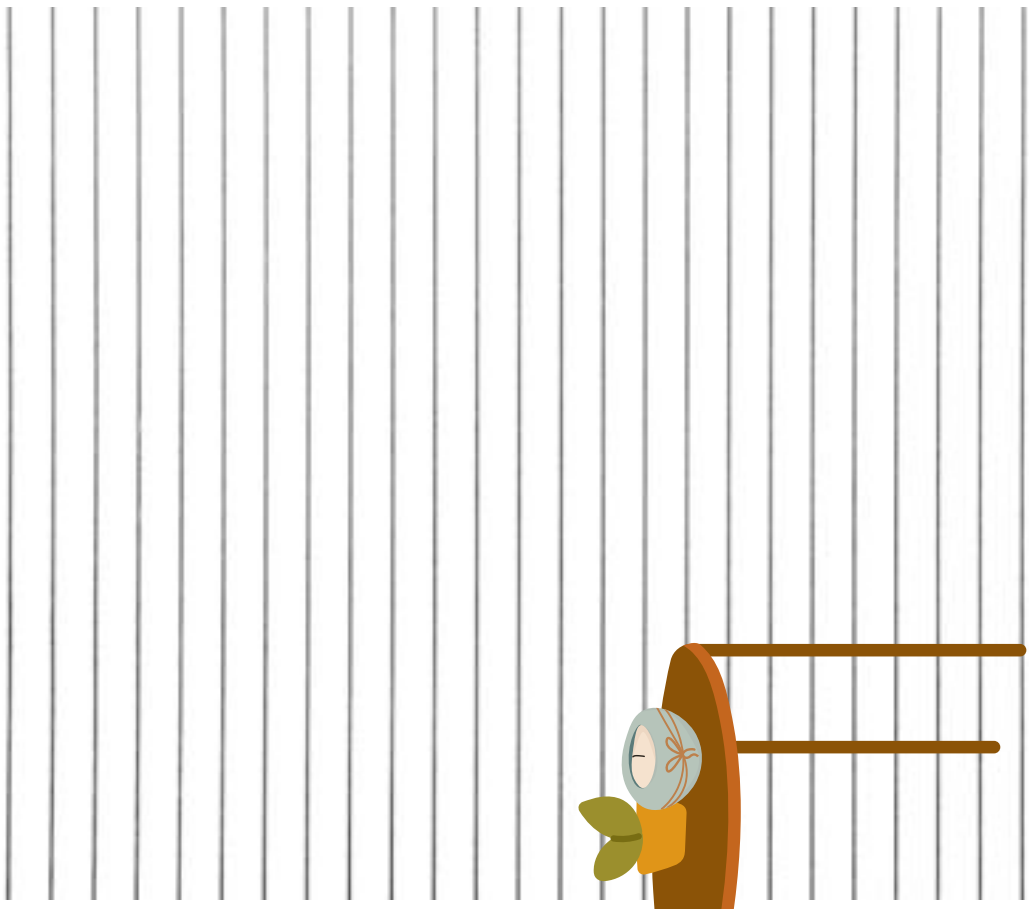
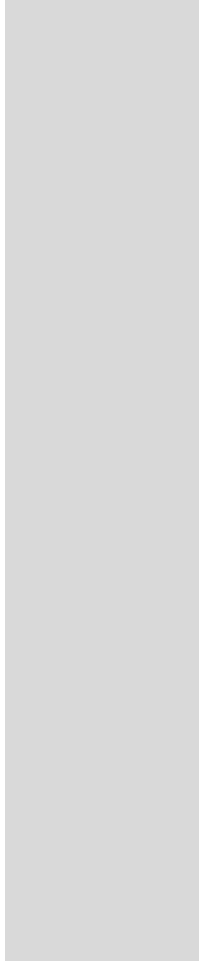
Giggle

Shake/Burst

Echo

day 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

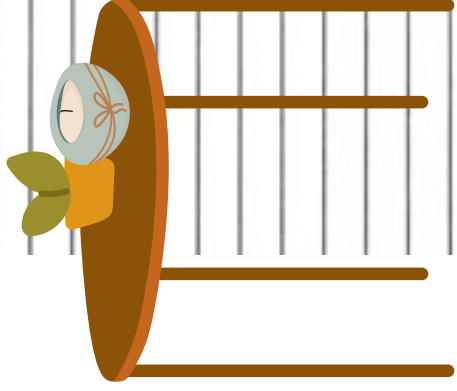
Embroidery

Sew

Decorative

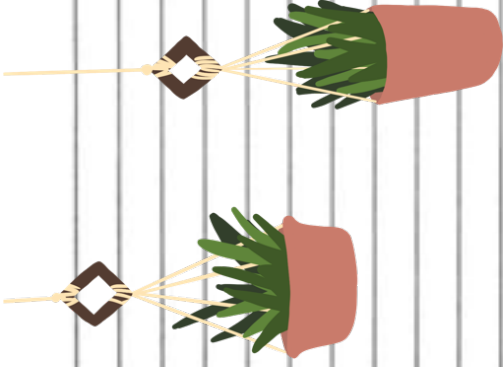
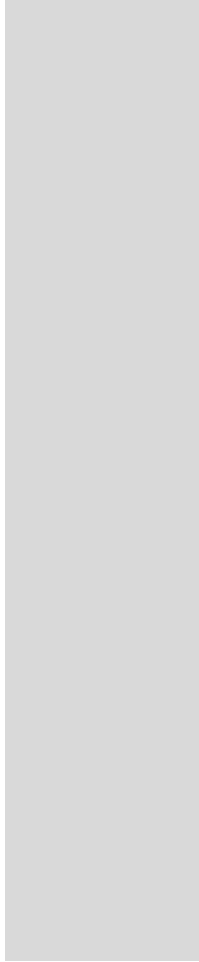
Pattern

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

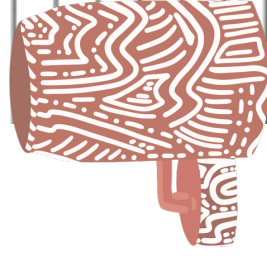
Terrace

Flower

Herb

Bloom

Plant



day 15

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

WORD ASSOCIATIONS

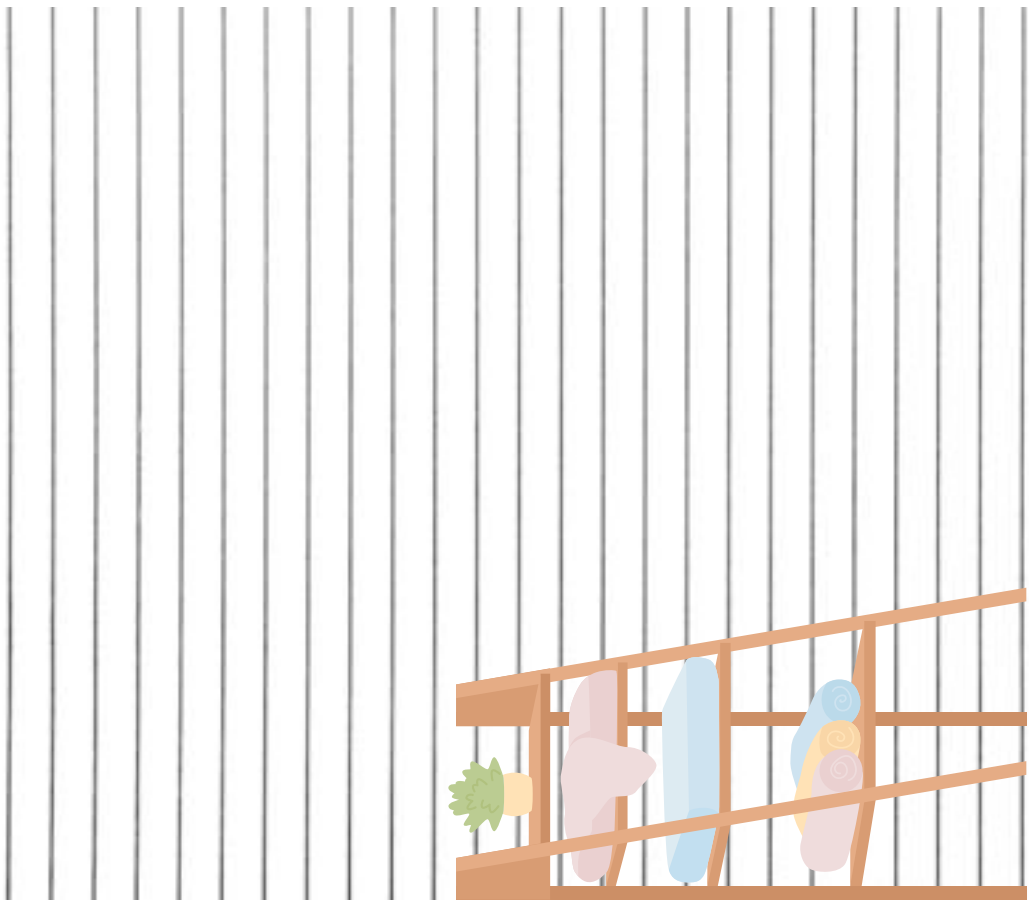
Basement

Living Room

Kitchen

Roof

Doorway



day 16

Brainstorm the perfect go-to playlist.

WORD ASSOCIATIONS

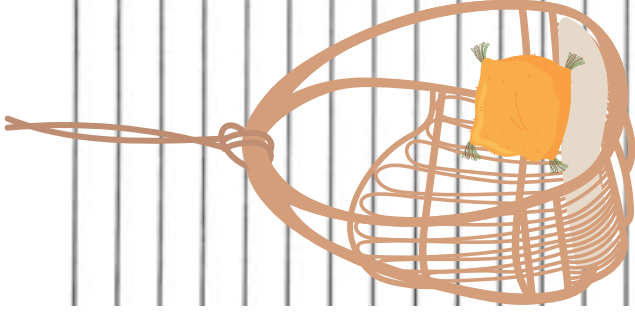
Genre

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

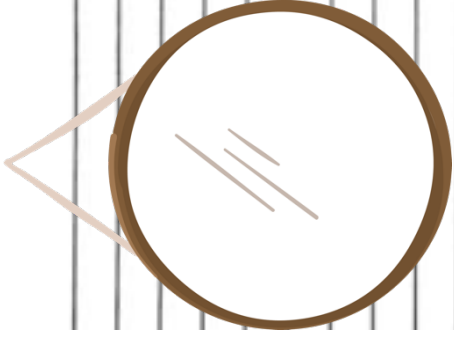
Damp

Puddle

Drop

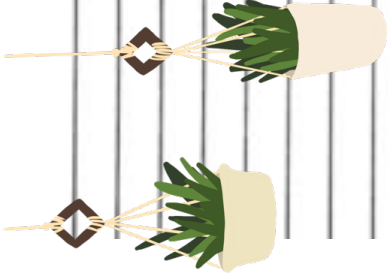
Sprinkle

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

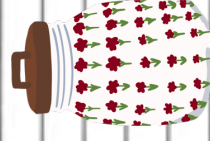
Radiate

Wrap

Heat

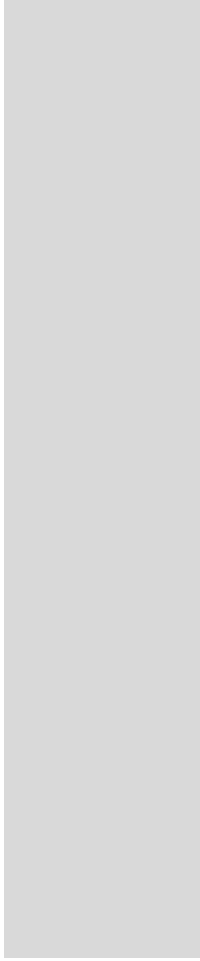
Temperature

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

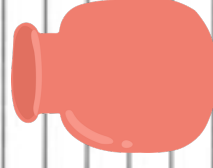
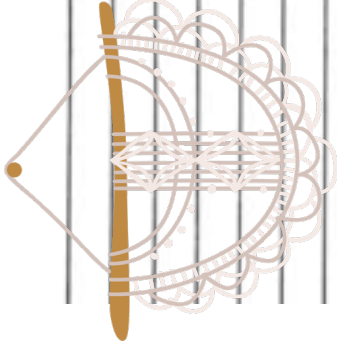
Constellation

Galaxy

Sky

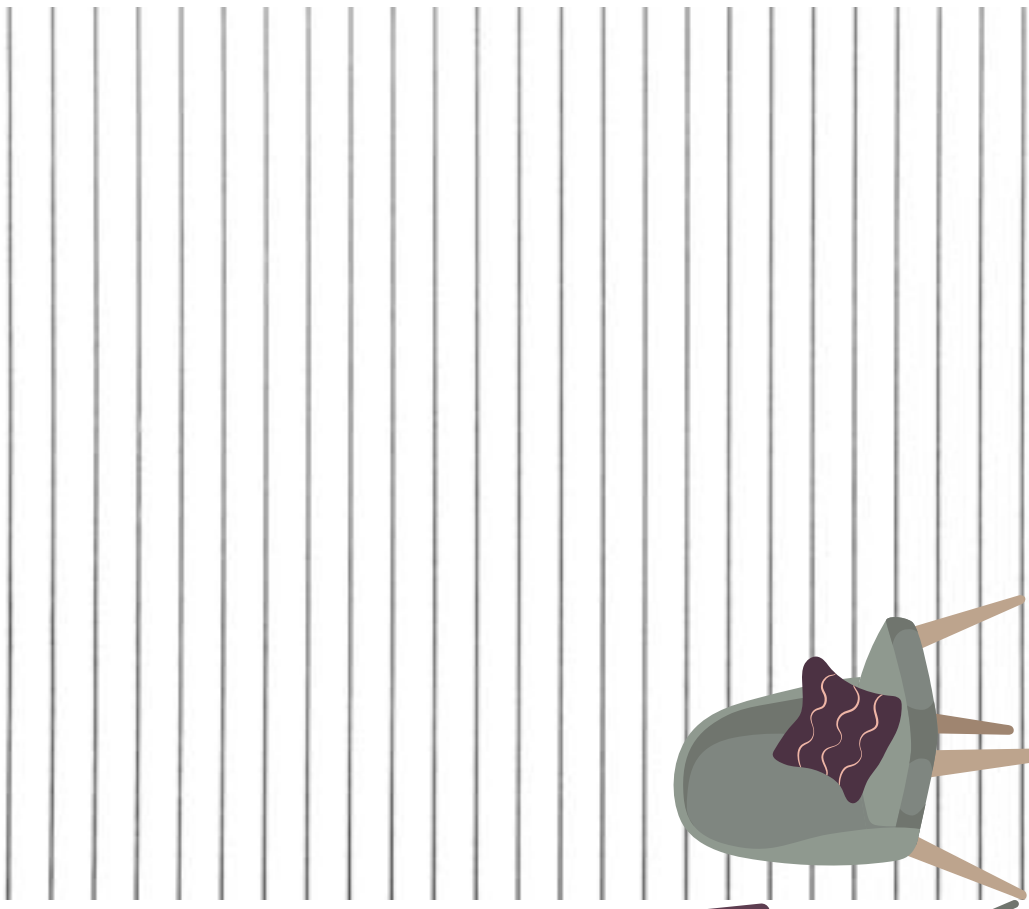
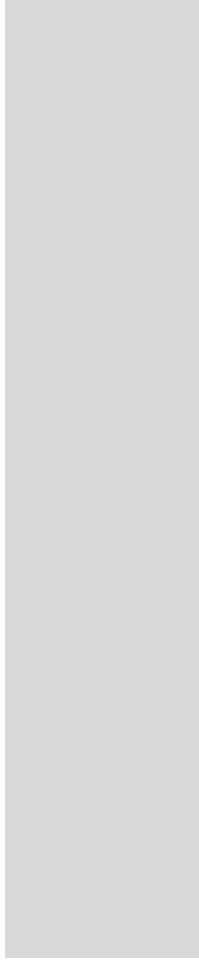
Moon

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

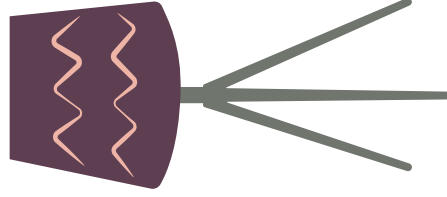
Sand

Shoreline

Wave

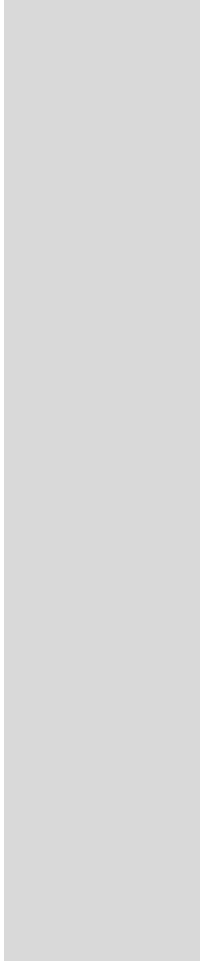
Picnic

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

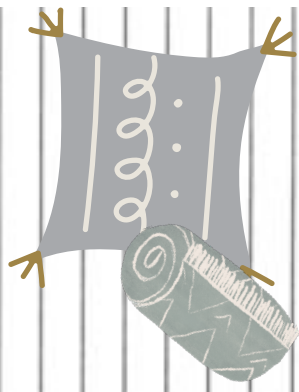
Gears

Asphalt

Detour

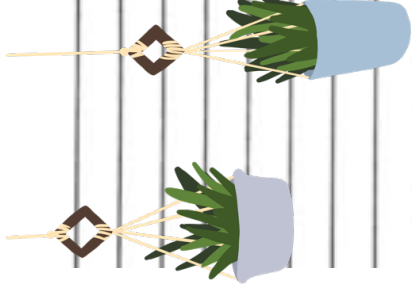
Wander

A series of horizontal lines for writing, divided into two sections. The top section contains 10 lines, and the bottom section contains 10 lines. An illustration of a quilt square and a roll of fabric is positioned on the right side of the bottom section.



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

