

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

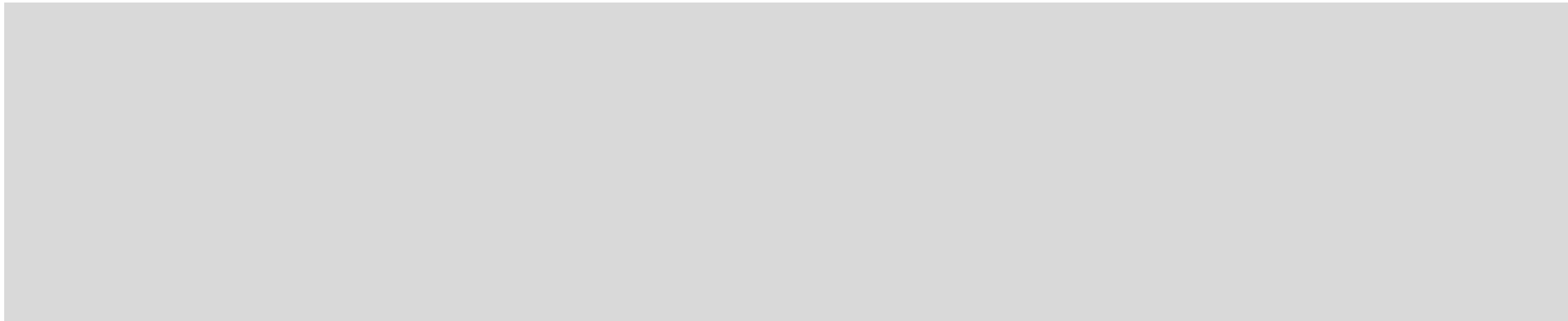
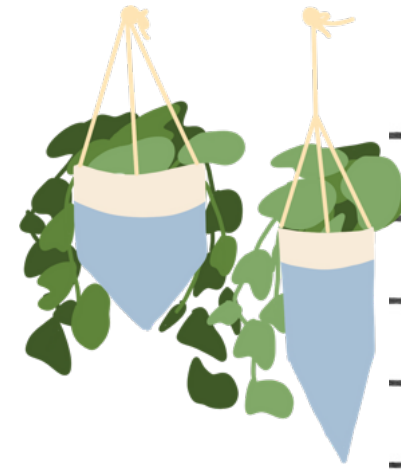
26
Choose a season

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

A series of horizontal lines for writing, spanning the right side of the page. The lines are evenly spaced and extend from the right edge of the page towards the left, ending just before the word association list.



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

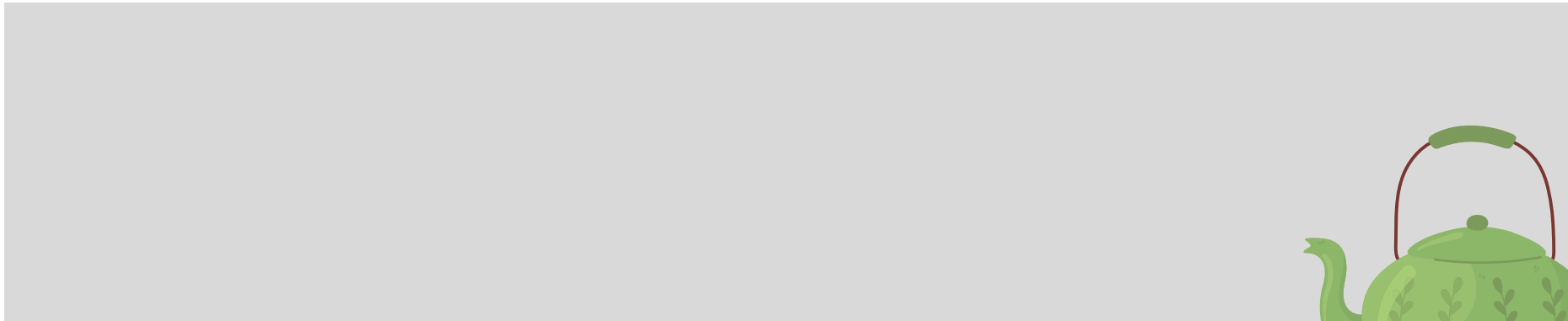
Serenity

Peace



day 4

What is the most beautiful sound you have ever heard?



WORD ASSOCIATIONS

Alarm

Whistle

Echo

Melodic

Chord

A series of horizontal lines for writing, spanning the right side of the page. At the bottom right, there is an illustration of a wooden shelf with various items: two yellow candles, a small jar, two blue bottles, and a green plant in a white pot.

day 5



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

A large, solid grey rectangular area intended for writing the story.

WORD ASSOCIATIONS

Heart

Soul

Forever

Feeling

Affection

A series of horizontal lines for writing, with an illustration of a grey armchair with a white cushion, an orange blanket, and a pink knitted hat on the right side.

day 6

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

WORD ASSOCIATIONS

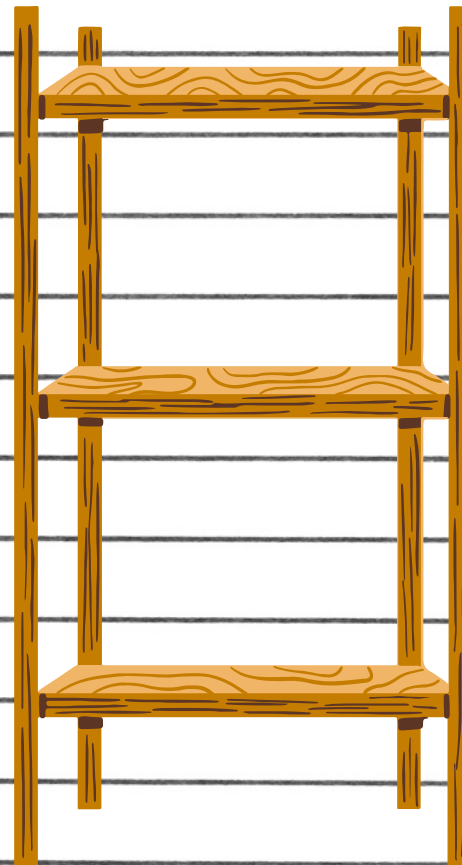
Address

Welcome

Love

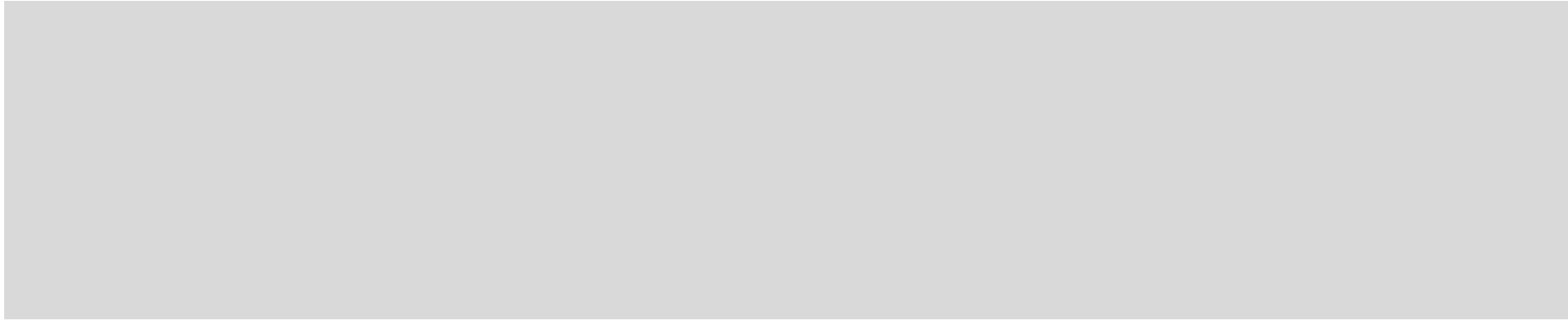
Warmth

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

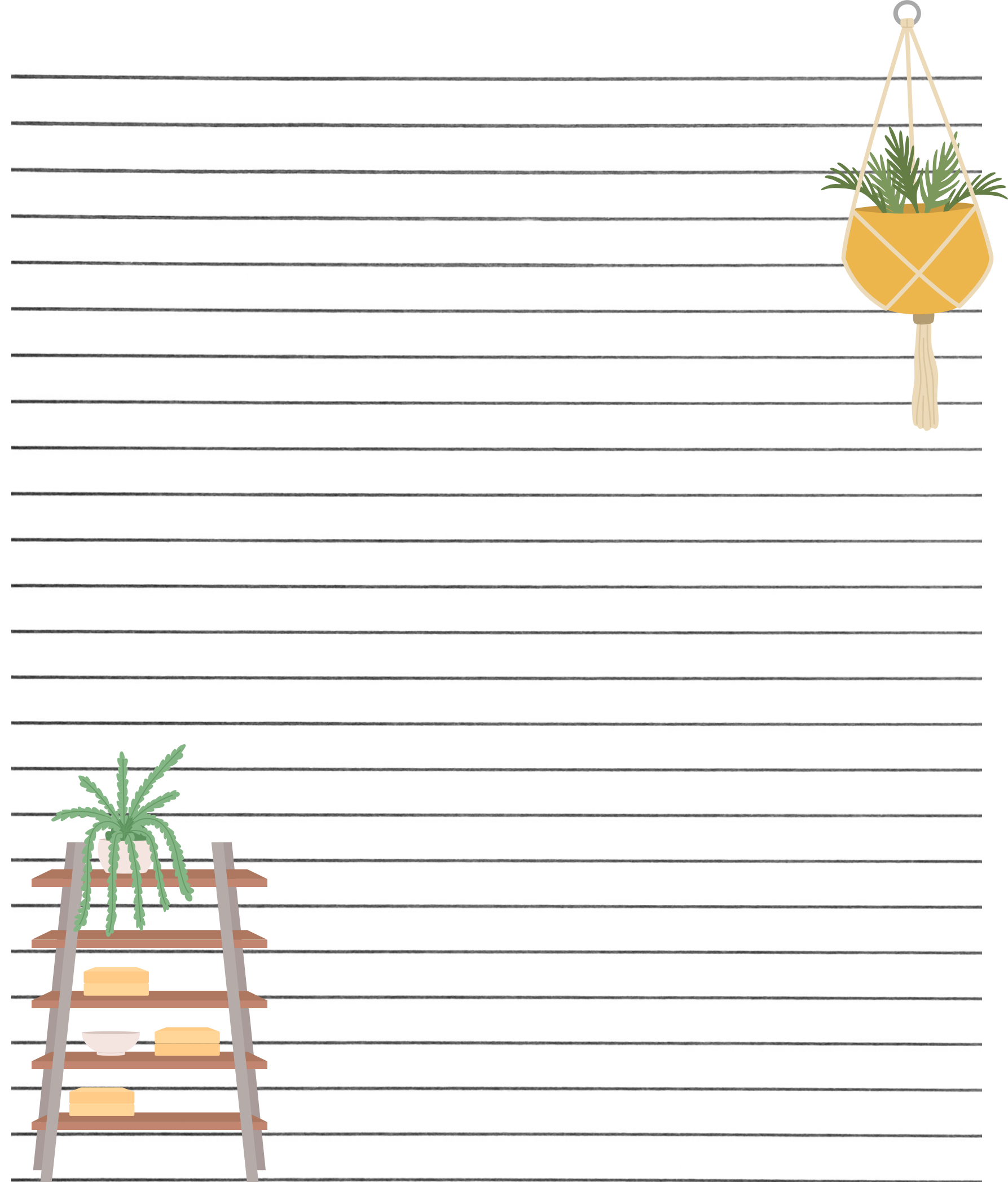
Bow/Ribbon

Gold/Silver

Wealth

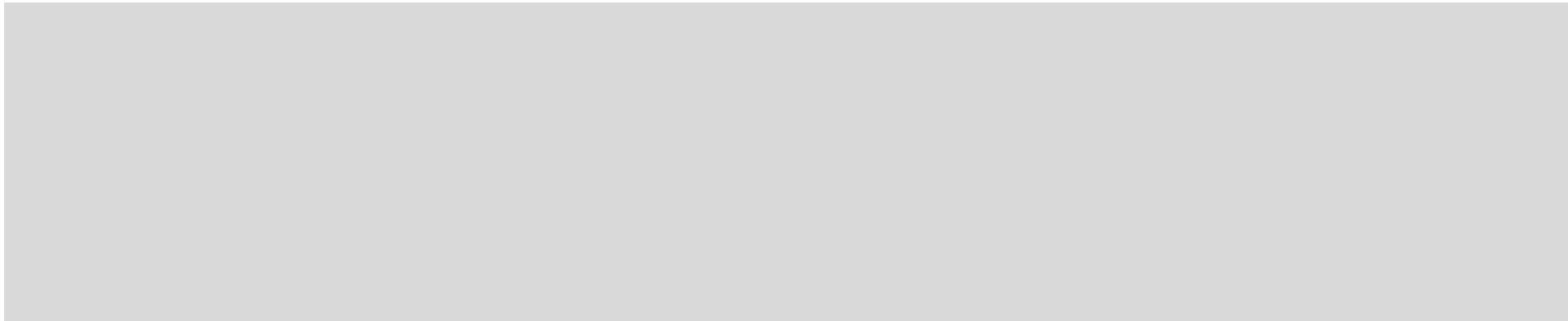
Tied

Note



day 8

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



WORD ASSOCIATIONS

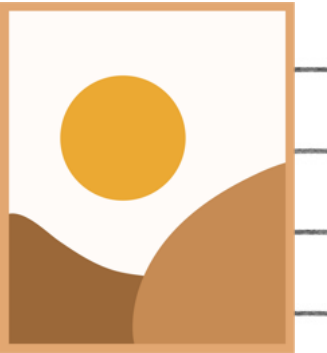
Wish

Fortune

Want

Pendant

Odds



Lined writing area for the story.

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

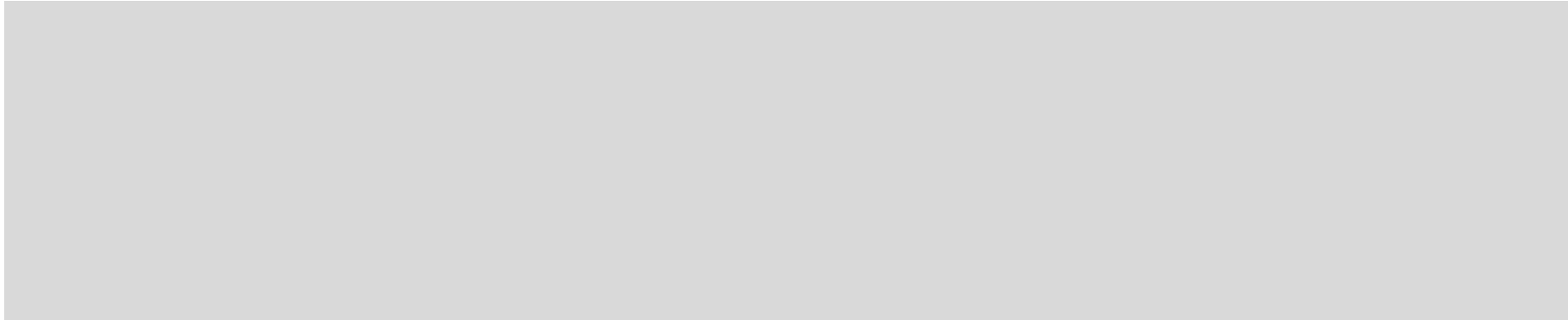
Faint

Lingering



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

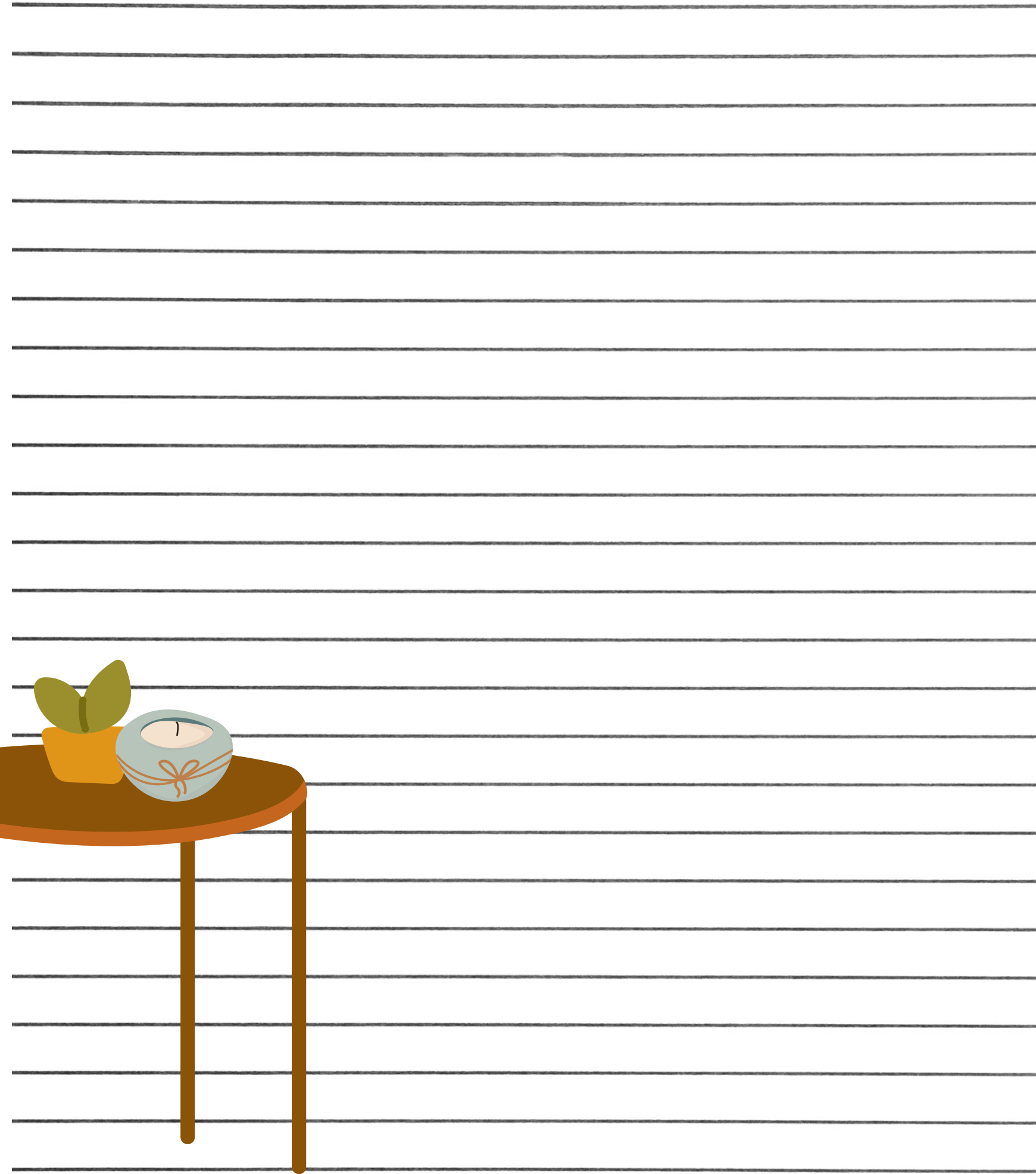
Embroidery

Sew

Decorative

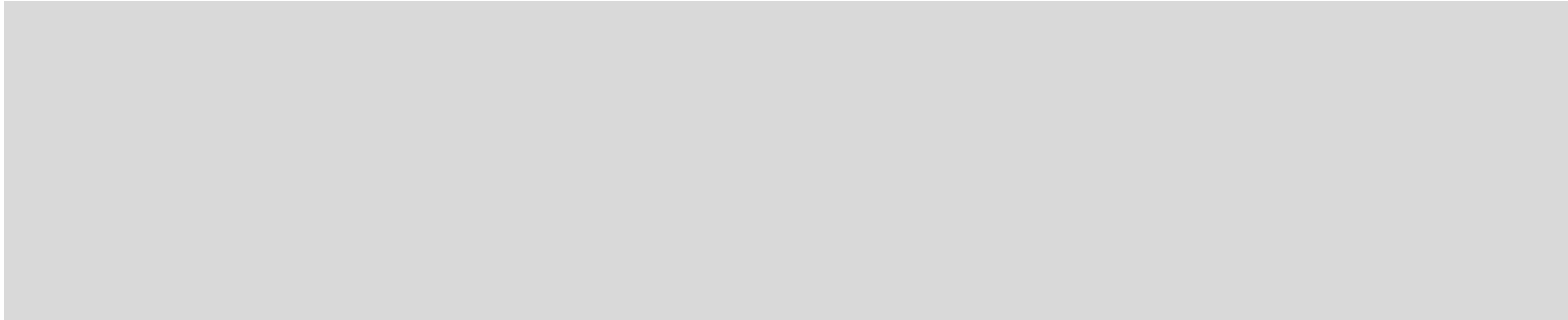
Pattern

Wrap

A series of 20 horizontal black lines for writing, arranged in a column on the right side of the page.

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 16

Brainstorm the perfect go-to playlist.

WORD ASSOCIATIONS


Genre

Lyric

Beat

Funky

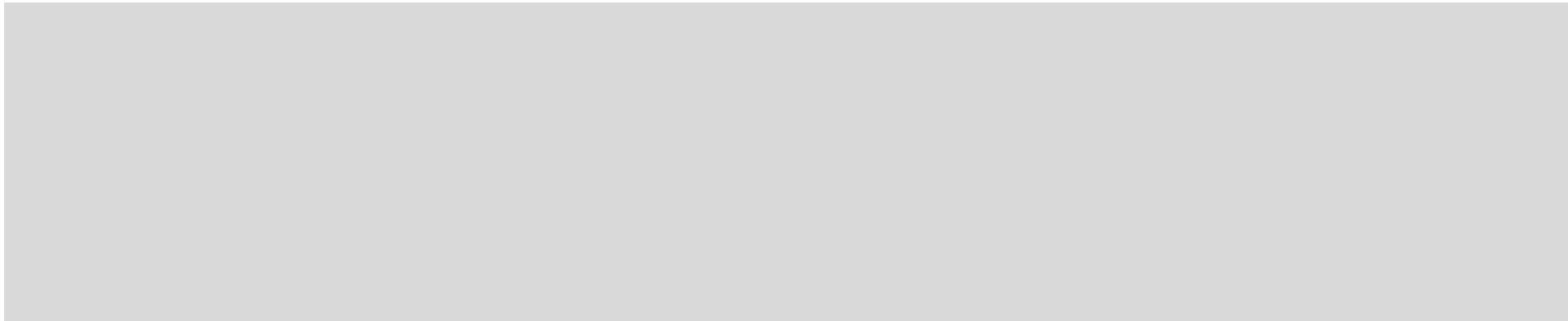
Play



A series of 20 horizontal lines for writing, with a hanging wicker chair and a yellow cushion positioned over the first few lines.

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



A series of horizontal lines for writing, extending from the window area across the right side of the page.



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

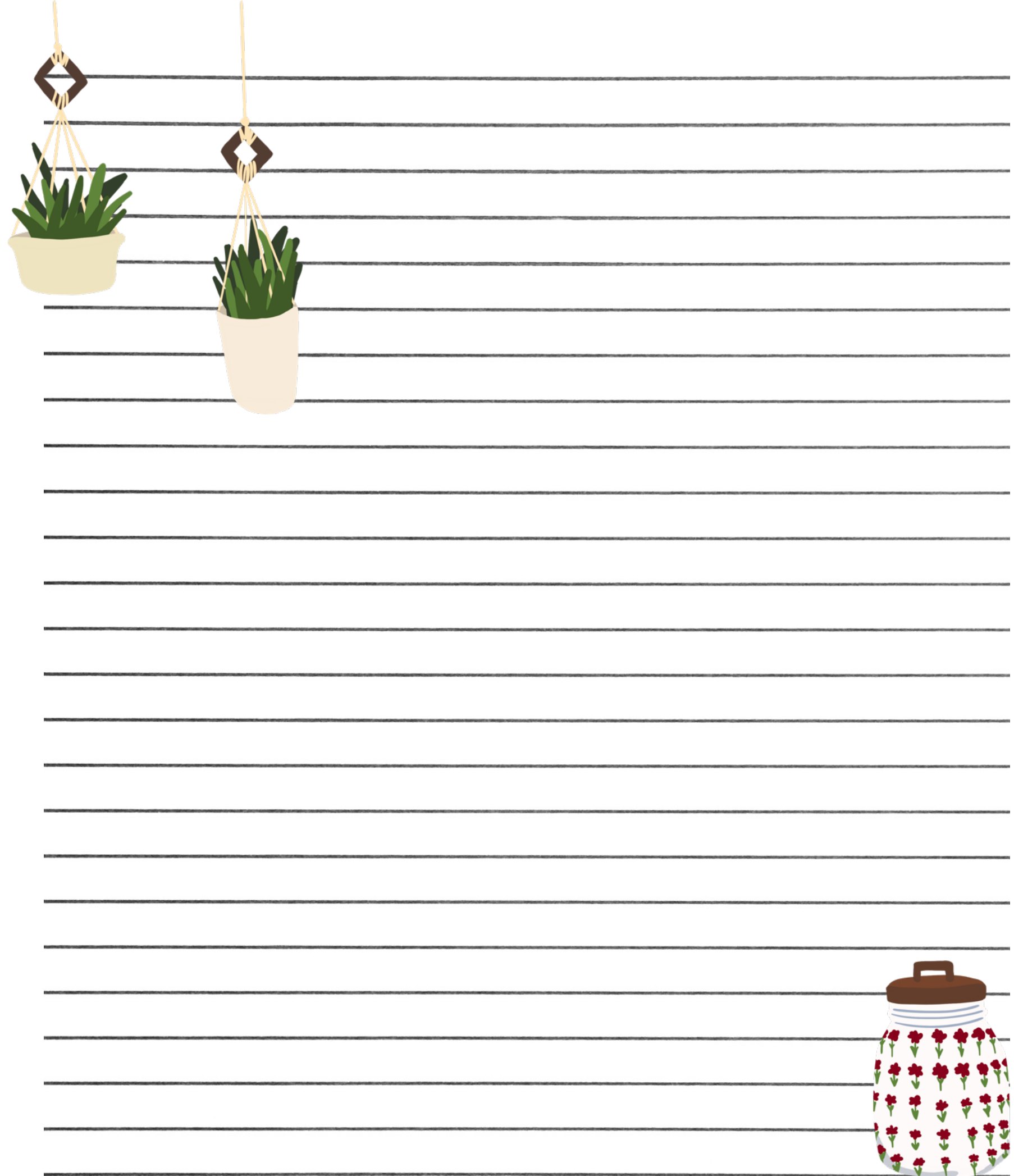
Radiate

Wrap

Heat

Temperature

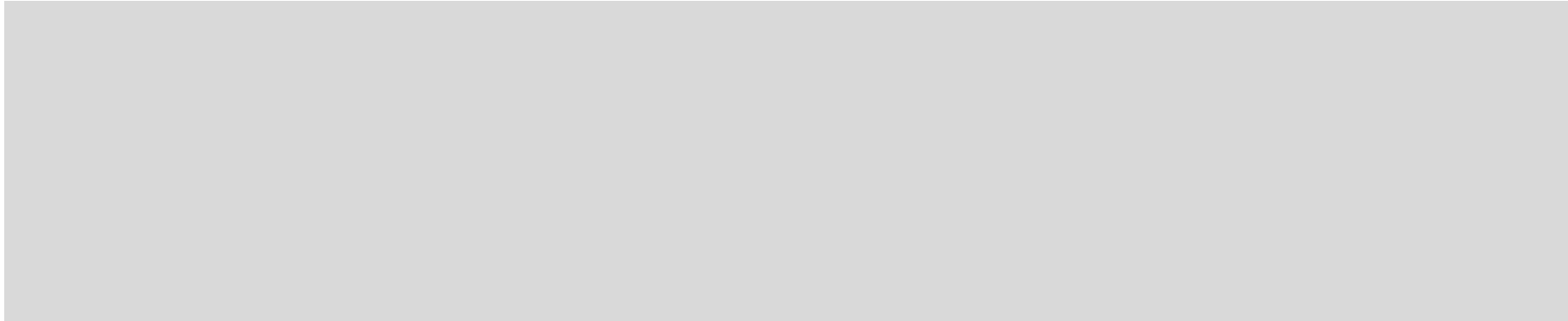
Comfortable



Two hanging plants in macramé pots are positioned at the top left of the page. A floral jar with a brown lid is located at the bottom right. The rest of the page is filled with horizontal lines for writing.

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

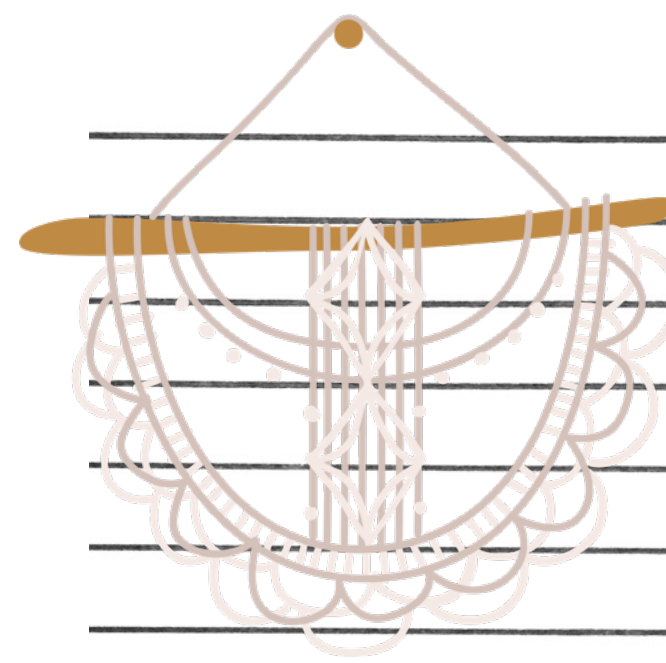
Constellation

Galaxy

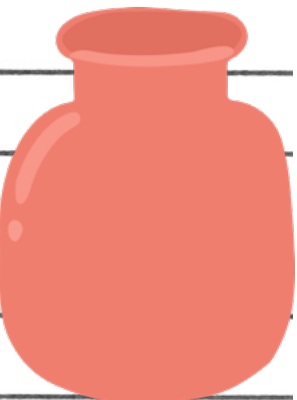
Sky

Moon

Telescope



A series of horizontal lines for writing, with a red vase illustration at the bottom right.



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

An illustration of two hanging plants. The one on the left is in a light purple pot and the one on the right is in a light blue pot. Both are suspended by yellow ropes with brown diamond-shaped connectors. The background consists of horizontal grey lines, suggesting a journal page.