

A KOSELIG-INSPIRED GUIDE TO LIVING GENTLY

The Koselig Cozy Living Journal

SIMPLIFIED *Home*

There's a Norwegian word that perfectly captures the feeling of warmth, calm and simple joy—**koselig (pronounced koo-suh-lee)**.

If you've heard of hygge, koselig is its quieter, more grounded cousin.

It's not about trends or aesthetics. It's about how a moment feels when life slows down and you feel safe, present and content.

Koselig comes from **Norway**, a place where long winters and dark days have taught people how to intentionally create light—both literally and emotionally.

This journal is your quiet companion. Not a productivity tool. Not a self-improvement challenge. Simply a soft place to land.

With love,

Jillian

1. Feeling at Home in Your Life

This section helps you notice where you already feel safe, steady and enough.

Where do I already feel at home?

[illegible]

1. Feeling at Home in Your Life

This section helps you notice where you already feel safe, steady and enough.

What makes me feel emotionally safe?

[illegible]

1. Feeling at Home in Your Life

This section helps you notice where you already feel safe, steady and enough.

Where am I trying too hard?

[illegible]

1. Feeling at Home in Your Life

This section helps you notice where you already feel safe, steady and enough.

What would 'enough' look like today?

[illegible]

Feeling at Home in Your Life - Reflections

Date: _____

Notes/Reflections:

What feels steady right now?

[illegible]

2. Gentle Mornings

Mornings do not need to be optimized. They only need to feel kind.

How do I want to feel today?

[illegible]

2. Gentle Mornings

Mornings do not need to be optimized. They only need to feel kind.

One grounding habit for this morning:

[illegible]

2. Gentle Mornings

Mornings do not need to be optimized. They only need to feel kind.

What would make today feel softer?

[illegible]

2. Gentle Mornings

Mornings do not need to be optimized. They only need to feel kind.

Where can I slow down?

[illegible]

Gentle Mornings - Reflections

Date: _____

Notes/Reflections:

What feels steady right now?

[illegible]

3. Gentle Evenings

Evenings are meant to be a landing place. Let this space help you unwind.

What can I release tonight?

[illegible]

3. Gentle Evenings

Evenings are meant to be a landing place. Let this space help you unwind.

What drained me today?

[illegible]

3. Gentle Evenings

Evenings are meant to be a landing place. Let this space help you unwind.

What comfort can I offer myself?

[illegible]

3. Gentle Evenings

Evenings are meant to be a landing place. Let this space help you unwind.

One small ritual I want to keep:

[illegible]

Gentle Evenings - Reflections

Date: _____

Notes/Reflections:

What feels steady right now?

[illegible]

4. A Lived-In Home

Your space should support you, not perform for others.

What corner of my home feels safest?

[illegible]

4. A Lived-In Home

Your space should support you, not perform for others.

What makes my space feel warm?

[illegible]

4. A Lived-In Home

Your space should support you, not perform for others.

What comparison can I release?

[illegible]

4. A Lived-In Home

Your space should support you, not perform for others.

One small comfort upgrade:

[illegible]

A Lived-In Home - Reflections

Date: _____

Notes/Reflections:

What feels steady right now?

[illegible]

5. Ordinary Days

There is quiet beauty in the middle of normal days.

What small joy did I notice today?

[illegible]

5. Ordinary Days

There is quiet beauty in the middle of normal days.

Where did I pause?

[illegible]

5. Ordinary Days

There is quiet beauty in the middle of normal days.

What ordinary moment mattered?

[illegible]

5. Ordinary Days

There is quiet beauty in the middle of normal days.

How can I soften tomorrow?

[illegible]

Ordinary Days - Reflections

Date: _____

Notes/Reflections:

What feels steady right now?

[illegible]

6. Connection & Solitude

Both togetherness and alone time deserve intention.

Do I need connection or quiet?

[illegible]

6. Connection & Solitude

Both togetherness and alone time deserve intention.

Who feels safe to be fully myself with?

[illegible]

6. Connection & Solitude

Both togetherness and alone time deserve intention.

How can I honour my alone time?

[illegible]

6. Connection & Solitude

Both togetherness and alone time deserve intention.

What does cozy connection look like for me?

[illegible]

Connection + Solitude - Reflections

Date: _____

Notes/Reflections:

What feels steady right now?

[illegible]

7. Seasonal Rhythm

Let your pace shift with the season you're in.

What is this season asking of me?

[illegible]

7. Seasonal Rhythm

Let your pace shift with the season you're in.

Where can I reduce pressure?

[illegible]

7. Seasonal Rhythm

Let your pace shift with the season you're in.

What energy feels natural right now?

[illegible]

7. Seasonal Rhythm

Let your pace shift with the season you're in.

What am I holding onto unnecessarily?

[illegible]

Seasonal Rhythm - Reflections

Date: _____

Notes/Reflections:

What feels steady right now?

[illegible]

8. Permission to Live Gently

This final section is about release and trust.

What permission do I need to give myself?

[illegible]

8. Permission to Live Gently

This final section is about release and trust.

Where can I choose ease?

[illegible]

8. Permission to Live Gently

This final section is about release and trust.

What no longer needs proving?

[illegible]

8. Permission to Live Gently

This final section is about release and trust.

What does living gently mean to me?

[illegible]

Permission to Live Gently - Reflections

Date: _____

Notes/Reflections:

What feels steady right now?

[illegible]

Closing Reflection

*You do not need to rush this
journal.*

Return when you need to.

Let it be imperfect.

Let it be yours.



Home
SIMPLIFIED