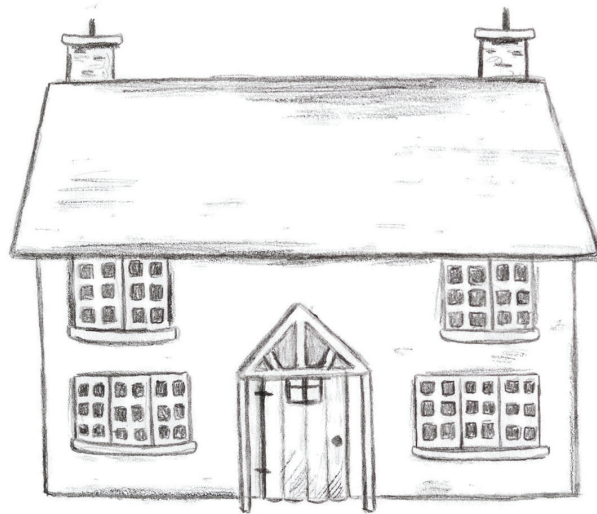


# STORIES OF HOME

heritage journal



*our family story*

BY BETHANY HADDEN



# A HYGGE HOLIDAY

*slow, simple, intentional*



*What are the stories of home that you  
want your children to tell, as they look  
back on their holidays growing up?*

## HOLIDAY ACTIVITIES

1. Get a Christmas tree
2. Decorate for Christmas
3. Get cozy and stay in pajamas all day
4. Read Christmas stories
5. Take a treat to your neighbor
6. Make gingerbread houses
7. Bundle up and look at Christmas lights
8. Go out for hot cocoa
9. Stay in and play board games
10. Go ice skating
11. Leave a gift for the mailman or delivery driver
12. Send a handwritten note to a friend
13. Do something kind for someone
14. Decorate sugar cookies
15. Build a snowman (if you don't live where it snows, get creative)
16. Get new pajamas to wear on Christmas Eve
17. Fulfill an angel tree request or donate to a family in need
18. Make hot cocoa and go for a walk
19. Make homemade paintings for a senior home
20. Make breakfast and eat together
21. Go on a holiday train ride
22. Send a care package to a soldier
23. Read the story of Christmas
24. Start a new holiday tradition
25. Watch a Christmas movie
26. Bake Christmas cookies
27. Get cozy by the fire
28. Sit around the Christmas tree and sing Christmas carols
29. Bake Christmas treats
30. Make Christmas crafts
31. Go caroling
32. Get a family ornament for the year
33. Play in the snow
34. Take a family picture
35. Make dried orange garland
36. Go sledding
37. Make homemade ornaments
38. Make Jesus a birthday cake

# OUR HOLIDAY



01. \_\_\_\_\_
02. \_\_\_\_\_
03. \_\_\_\_\_
04. \_\_\_\_\_
05. \_\_\_\_\_
06. \_\_\_\_\_
07. \_\_\_\_\_
08. \_\_\_\_\_
09. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
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27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_





# OUR HOLIDAY STORY

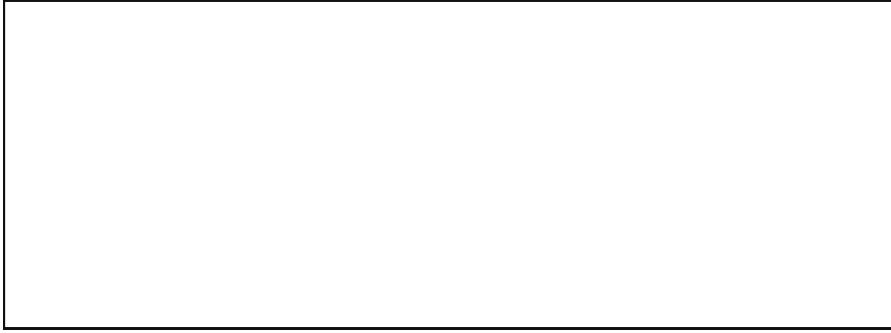
*cultivating home*

WORD FOR THIS SEASON

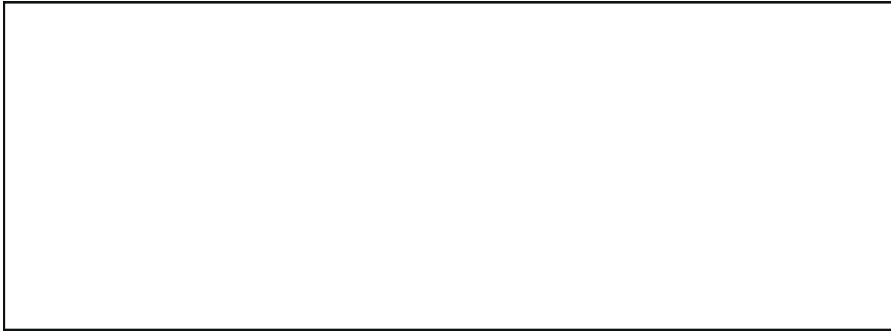
BIBLE VERSE FOR THIS SEASON

# FAMILY CULTURE

*our heart*

A large, empty rectangular box with a thin black border, intended for writing or drawing.

*our home*

A large, empty rectangular box with a thin black border, intended for writing or drawing.

*our heritage*

A large, empty rectangular box with a thin black border, intended for writing or drawing.

GRATITUDE

*things that I am thankful for this season*

Empty rectangular box for writing.

Empty rectangular box for writing.

Empty rectangular box for writing.

Empty rectangular box for writing.

Empty rectangular box for writing.

## MAKING MEMORIES

*see*

- 
- 
- 
- 
- 

*taste*

- 
- 
- 
- 
- 

*smell*

- 
- 
- 
- 
- 

*touch*

- 
- 
- 
- 
- 

*hear*

- 
- 
- 
- 
- 

*notes*

- 
- 
- 
- 
-

# HOLIDAY MEMORIES

*memory:*

*memory:*

*memory:*

*memory:*



































# HOLIDAY TRADITIONS

*name of tradition* \_\_\_\_\_

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*name of tradition* \_\_\_\_\_

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# HOLIDAY MEALS

*breakfast*

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*lunch*

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*dinner*

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---

---

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*other*

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---

*notes*

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---

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RECIPE \_\_\_\_\_

*prep time* \_\_\_\_\_

*cook time* \_\_\_\_\_

*serves* \_\_\_\_\_

*ingredients*

---

---

---

---

---

---

---

---

*instructions*

---

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RECIPE \_\_\_\_\_

*prep time* \_\_\_\_\_

*cook time* \_\_\_\_\_

*serves* \_\_\_\_\_

*ingredients*

---

---

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---

---

*instructions*

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## INGREDIENTS

*fresh*

•  
•  
•

•  
•  
•

*frozen*

•  
•  
•

•  
•  
•

*pantry*

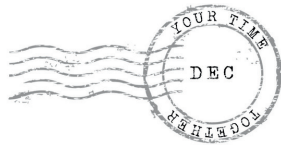
•  
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•  
•  
•

*other*

•  
•  
•

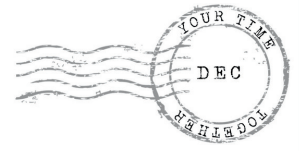
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*today your gift is:*

MAKE  
CHRISTMAS CRAFTS

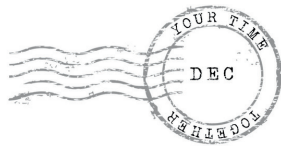
A HYGGE HOLIDAY



*today your gift is:*

GET A  
CHRISTMAS TREE

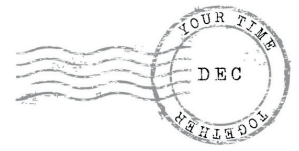
A HYGGE HOLIDAY



*today your gift is:*

MAKE HOT COCOA  
AND GO FOR A WALK

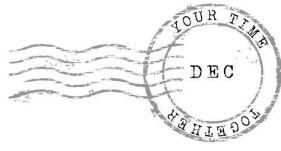
A HYGGE HOLIDAY



*today your gift is:*

BIRTHDAY PARTY  
FOR JESUS

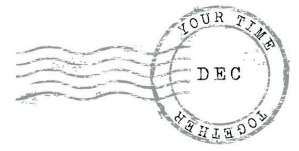
A HYGGE HOLIDAY



*today your gift is:*

BAKE  
CHRISTMAS COOKIES

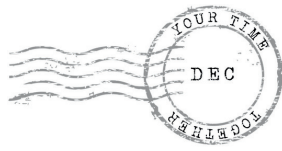
A HYGGE HOLIDAY



*today your gift is:*

DO AN ACT  
OF KINDNESS

A HYGGE HOLIDAY



*today your gift is:*

BAKE JESUS A  
BIRTHDAY CAKE

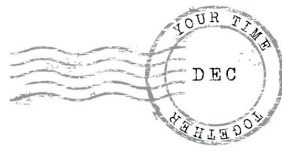
A HYGGE HOLIDAY



*today your gift is:*

GO CAROLING

A HYGGE HOLIDAY



*today your gift is:*

BRING TREATS  
TO NEIGHBORS

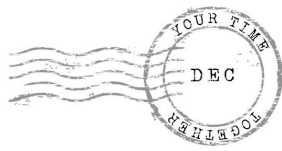
A HYGGE HOLIDAY



*today your gift is:*

PAJAMA & MOVIE DAY

A HYGGE HOLIDAY



*today your gift is:*

READ THE  
CHRISTMAS STORY

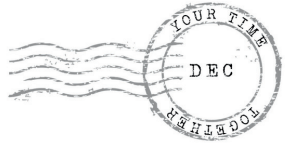
A HYGGE HOLIDAY



*today your gift is:*

MAKE HOT COCOA

A HYGGE HOLIDAY

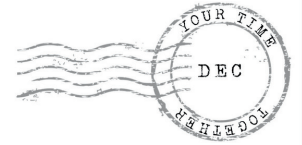


*today your gift is:*

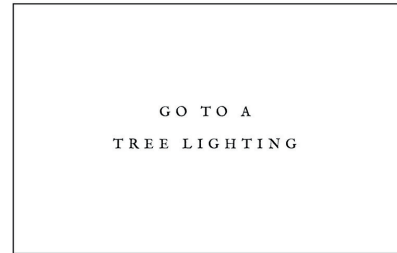


MAKE ORNAMENTS

A HYGGE HOLIDAY



*today your gift is:*



GO TO A  
TREE LIGHTING

A HYGGE HOLIDAY

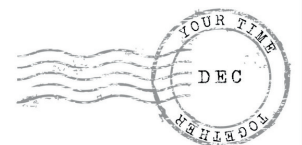


*today your gift is:*



SEND LOVED ONES  
CHRISTMAS MAIL

A HYGGE HOLIDAY

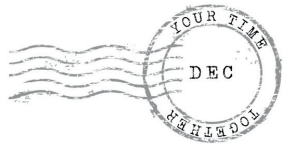


*today your gift is:*

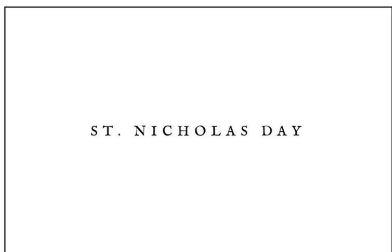


WATCH A  
CHRISTMAS MOVIE

A HYGGE HOLIDAY

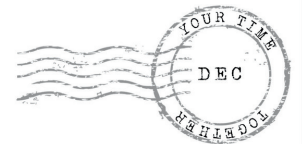


*today your gift is:*

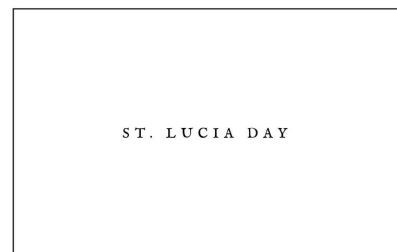


ST. NICHOLAS DAY

A HYGGE HOLIDAY

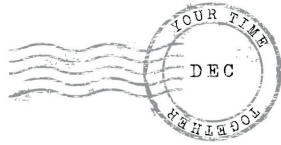


*today your gift is:*



ST. LUCIA DAY

A HYGGE HOLIDAY

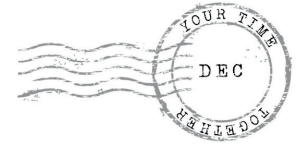


*today your gift is:*



MAKE  
HANDMADE GIFTS

A HYGGE HOLIDAY

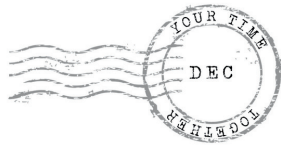


*today your gift is:*



HAVE A  
GAME DAY

A HYGGE HOLIDAY

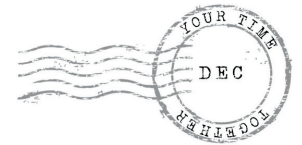


*today your gift is:*

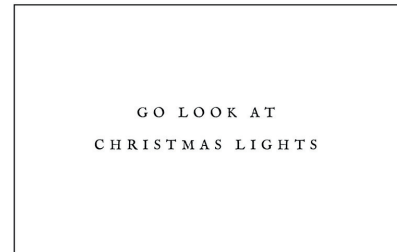


DECORATE COOKIES

A HYGGE HOLIDAY

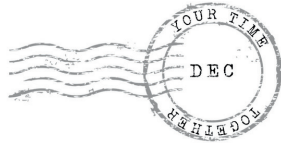


*today your gift is:*



GO LOOK AT  
CHRISTMAS LIGHTS

A HYGGE HOLIDAY

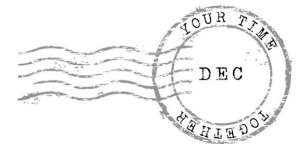


*today your gift is:*



VISIT A FRIEND

A HYGGE HOLIDAY

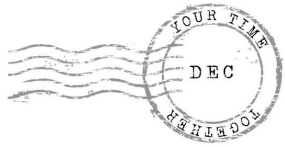


*today your gift is:*



READ  
CHRISTMAS STORIES

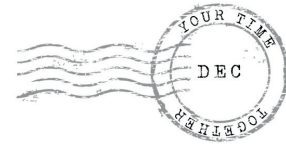
A HYGGE HOLIDAY



*today your gift is:*

DECORATE  
FOR CHRISTMAS

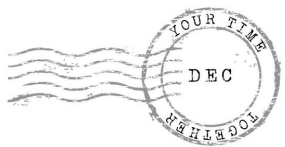
A HYGGE HOLIDAY



*today your gift is:*

GO ICE SKATING

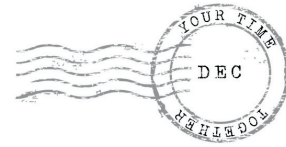
A HYGGE HOLIDAY



*today your gift is:*

BUILD A SNOWMAN

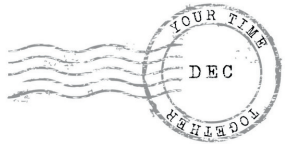
A HYGGE HOLIDAY



*today your gift is:*

HAVE A  
SNOW DAY

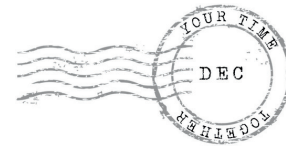
A HYGGE HOLIDAY



*today your gift is:*

HAVE A  
SNOWBALL FIGHT

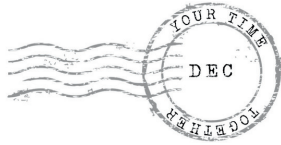
A HYGGE HOLIDAY



*today your gift is:*

GO ON A  
CHRISTMAS DATE

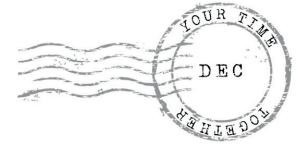
A HYGGE HOLIDAY



*today your gift is:*

MAKE  
CHRISTMAS DECORATIONS

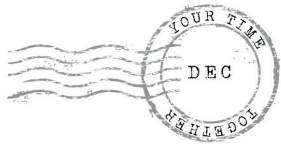
A HYGGE HOLIDAY



*today your gift is:*

BAKE  
CHRISTMAS TREATS

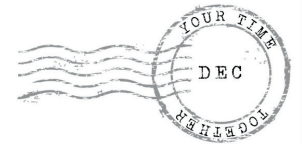
A HYGGE HOLIDAY



*today your gift is:*

GO OUT FOR  
HOT COCOA

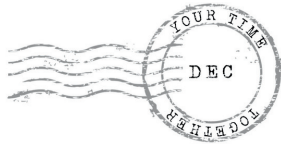
A HYGGE HOLIDAY



*today your gift is:*

GO SLEDDING

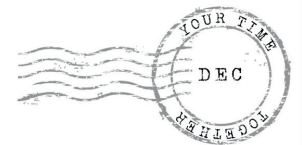
A HYGGE HOLIDAY



*today your gift is:*

BUILD A  
GINGERBREAD HOUSE

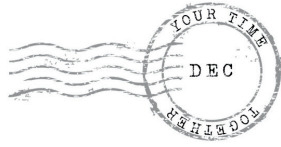
A HYGGE HOLIDAY



*today your gift is:*

GO TO A  
LIVE NATIVITY

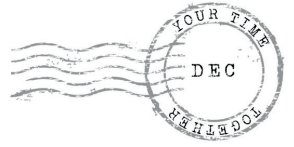
A HYGGE HOLIDAY



*today your gift is:*



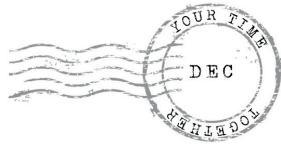
A HYGGE HOLIDAY



*today your gift is:*



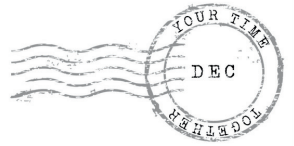
A HYGGE HOLIDAY



*today your gift is:*



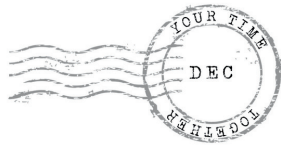
A HYGGE HOLIDAY



*today your gift is:*



A HYGGE HOLIDAY



*today your gift is:*



A HYGGE HOLIDAY



*today your gift is:*



A HYGGE HOLIDAY

## A NOTE FROM BETHANY

### *things to remember*

1. Put your phone and social media away during these moments with your family. Capture a few images to remember the moments, and then focus on being present and intentional. These are the good old days sweet friend!
2. Think deeply about your family culture when planning out your season, but allow moments and memories to happen authentically as you celebrate. It is easy to get caught up in expectations, but so much of the magic and beauty happens in the everyday, simple moments. If things are not what you had in mind, embrace the moment as it is. Watch the memories and traditions you cultivate!
3. Use the hashtag for this year's event to share what you are doing and to connect with our Hygge Holiday Community!
4. Be creative and thoughtful. You get to choose what works best for your family, cultivating this slow, simple, and intentional season! You are welcome to use the same card multiple times, or use a new one (or multiple cards) each day!

Example:

If your family loves baking, then YAY, use that card and bake lots of treats!

5. Make sure you are participating in our Hygge Holiday Event, as we do this together! We will be sharing: traditions, thoughts, recipes, and connecting more deeply!

I am SO excited to hear how your family creates memories this season sweet friend!

Have a blessed holiday season!

Cheers,  
Bethany

Bethany Hadden  
Instagram: bethanyhadden

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