



Sentimental souls, unite! This aesthetic is about comfort, homemaking, and embracing the beauty of "the good old days." You might love thrifted treasures, handwritten letters, family recipes, and stories that warm your heart.

Includes: Shabby Chic, Vintagecore, Cluttercore, Retrocore, Antiqueore

Journal Prompts

What traditions or old habits make you feel safe and loved?

Describe a place that always brings you comfort.

Who in your life showed you how to care for others?

What old-fashioned values or routines do you cherish?

What would your younger self love about your life now?

Self care ideas to try!

- Listening to vinyl while folding laundry
- Making old family recipe
- Rearranging thrifted decors
- Taking photos with a vintage camera
- Reading or writing letters

Creative Touches to Try

Add doodles of vintage items

Create a "memory map" of treasured childhood spaces

Try blackout poetry using pages from an old book

Glue a piece of lace, a button, or fabric swatch into your journal

