MOM ON THE GO

JOURNAL PROMPTS

As a mom, it can be challenging to find time for self care. Journaling has been shown to be one of the most effective ways to process our lives while helping to clarify our next steps.

As time permits, I invite you to explore these inquiries while you journey through our 28 days together.

MOM ON THE GO

Write your birth story. Writing your birth story, no matter how long ago you gave birth, is a powerful act. Women often discover that in writing their birth story they heal unresolved traumas, develop perspective and even greater meaning in their experience. Take your time. Pause as often as you need to.

Write your story from start to finish with as many details as you can remember. When you're done, share it with a trusted friend or loved one. If they have also given birth, invite them to share their story with you.

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What does self care look like in your current motherhood journey? I want to recognize here that what self care looks like to the mother of a newborn will probably be very different from the self care a mother to an adult child is able to give herself. What are 3 ways you can take of yourself this week, depending on where you are in your journey?

These might be as simple as: allowing yourself to take a 10-minute bath alone or going on a walk by yourself. If you are in early motherhood, you probably cannot get away or have extended time off, so write and commit to 3 manageable ways you can take care of yourself this week, even if your plate is full.

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Write a letter to your baby or babies, no matter how old they might be now. What do you want your child to always know? What do you most want them to remember? From your heart to their heart, write a letter and imagine gifting it to them many years from now.

If this inspires you, consider keeping a journal for each of your children and gift the journal to them in the future, maybe when they get married or have children of their own.

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Have you noticed yourself behaving in a reactive way? Have you been “acting out?” Is there an unexpressed need asking to be met that might be causing these reactions to arise? How can you meet this need?

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Jill Churchill said, “There’s no way to be a perfect mother and a million ways to be a good one.” Write a letter to yourself, or simply make a list of all of the ways you are a good mother. Acknowledge yourself. Give yourself credit where credit is due. Celebrate your wins, no matter how small.

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Whether you recently gave birth, or gave birth many years ago, is there any part of you that is still in need of healing? For example, do you feel pain when you have sex? Do you have trouble holding your bladder? Do you have abdominal wall separation, also known as diastasis? Did you have a traumatic birth experience that left you with physical discomfort or emotional scars? How can you address any residual pain points? Could you explore a pelvic floor therapist? Many are covered by certain forms of insurance! Is there a friend or trusted loved one you could process your birth journey with?

What are you willing to commit to in pursuing your highest health and wellness, remembering that your highest health and wellness serves not only you but your children and your family.

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Myla and Jon Kabat-Zinn wrote, “In giving birth to our babies, we may find that we give birth to new possibilities within ourselves.” What new possibilities are you giving birth to?

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AFFIRMATIONS & QUOTES

I will be gentle with myself.

"Be easy. Take your time. You are coming home to yourself."
- Nayyriah Waheed

"If you're always trying to be normal you will never know how amazing you can be."
- Maya Angelou

"We can do no great things. Only small things with great love."
- Mother Theresa

"In giving birth to our babies, we may find that we give birth to new possibilities within ourselves."
- Myla and Jon Kabat-Zinn

I will be kinder to myself than I think I should be.

"Even miracles take a little time."
- Cinderella's Fairy Godmother

"Above all be the heroine of your life, not the victim."
- Nora Ephron

"Postpartum is a quest back to yourself."
- Amethyst Joy

"And I said to my body softly, 'I want to be your friend.' It took a long breath and replied, 'I have been waiting my whole life for this.'"
- Nayyirah Waheed