



Journaling Prompts

Who was I before becoming a mother? What parts of that version of me do I miss the most?

What has been weighing on my heart lately? How can I lighten that emotional load?

What do I need right now that I've been neglecting? How can I make space for it this week?

What activities or hobbies used to bring me joy before kids? How can I reintroduce them into my life in small ways?

What is one thing I feel guilty about as a mom? If my best friend were in my shoes, what would I tell her?

What are my biggest dreams outside of motherhood? What's one small step I can take toward them?

What is something I needed as a child that I can give myself now as an adult?

What does my ideal self look like in 5 years? How does she feel, act, and spend her time?

In what ways have I changed since becoming a mom? Which changes do I love, and which do I struggle with?

If my emotions could speak right now, what would they say?

Where in my life do I need stronger boundaries? How can I enforce them without guilt?

When was the last time I felt truly confident? What was I doing, and how can I tap into that feeling again?

When was the last time I truly felt at peace? What was I doing, and how can I create more of that?

What is one small act of self-care or self-discovery I can do this week to reconnect with myself?