

Mom's Journaling Planner and Guide

<https://www.justmomjournal.com>

1. Introduction

Welcome to your colorful journaling journey! This planner is designed to help you reflect, grow, and celebrate your unique experience as a mom. Use it daily, weekly, or whenever you need a moment of self-reflection.

2. Getting Started

Journaling Intention Setting

What do you hope to gain from journaling? Write your intentions below:

3. Monthly Overview

Monthly Goals

1. Goal 1: _____

2. Goal 2: _____

3. Goal 3: _____

Gratitude Log

Each day, write one thing you're grateful for:

4. Weekly Layout

Week of: _____

Daily Prompts:

Monday: What's one small win you had today?

Tuesday: How did you take care of yourself today?

Wednesday: What made you laugh today?

Thursday: What's a challenge you're facing, and how can you approach it?

Friday: What are you looking forward to this weekend?

Saturday: How have you grown as a parent this week?

Sunday: What's your intention for the coming week?

5. Journaling Prompt Library

- ♥ Describe a moment when you felt proud as a mother.
- ♥ What's a parenting challenge you've overcome recently?
- ♥ If you could tell your pre-mom self one thing, what would it be?

6. Habit Tracker

Habit	1	2	3	4	5	6	7
Journaling							
Self-care							

7. Special Sections

Birthday Reflection

Child's Name: _____ Age: _____

What I love most about you at this age:

8. Resources

Quick Journaling Techniques

- ♥ Stream of Consciousness: Write whatever comes to mind for 5 minutes without stopping.
- ♥ Gratitude Journal: List 3 things you're grateful for each day.
- ♥ Prompt Response: Choose a prompt and write your response for 10 minutes.

9. Notes Section
