

hello mamma!



a mini journal series by
lifewehavemade.com

hello mamma!

a week-long reflections
designed for soon-to-be mothers.



hello mamma, this is for you

this mini journal is designed to be your companion on the incredible journey of pregnancy. It offers a safe space for you to delve into your emotions, thoughts, and aspirations. Through gentle guidance and thoughtful prompts, the journal encourages moments of peaceful reflection, sparking creativity, and nurturing a deeper connection with yourself and the life growing inside you. Each entry becomes a treasured memento, capturing the intense emotions, unwavering strength, and limitless love that come with the miraculous journey of welcoming a new life into the world.

As the pages fill with reflections and memories, the journal becomes a testament to the resilience, beauty, and profound joy discovered in the path of motherhood.



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day one

embracing the journey

today's bible verse for you

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

– Jeremiah 29:11

Reflect on the miracle of life blooming inside you. Have confidence in the beautiful journey that has been crafted for you and your baby. Treasure each moment as a precious gift, feeling the gentle movements of life unfolding within you as your baby grows. Have faith in your body's resilience and strength as it nurtures and protects this little wonder.

Acknowledge your part in a divine plan filled with love and purpose. Allow yourself to feel the joy and wonder of this extraordinary experience, knowing you are supported and cherished every step of the way. Embrace the magnificence of this magical time and let it fill your heart with gratitude and hope.

today's reminder for you

***"Your body is doing an amazing job.
Embrace each moment and give yourself grace."***

day one

embracing the journey

today's something to write about

***What are your hopes and dreams for your baby?
How do you see yourself growing as a mother?***

day two

patience and peace

today's bible verse for you

"Be still, and know that I am God."

– Psalm 46:10

Find peace in God's presence during anxious times. By holding onto your faith, you can cultivate a sense of inner peace and strength that will help you navigate through any trials that come your way. Remember that you are never alone, as God's guidance is always there to lead you through difficult times. Trust in this unwavering support and find solace in the knowledge that you are always being guided towards a brighter tomorrow.

today's reminder for you

***"Take time to rest and breathe.
Your well-being is crucial for your baby's health."***

day two

patience and peace

today's something to write about

What are some ways you can incorporate rest and relaxation into your daily routine?

day three

strength and support

today's bible verse for you

*"I can do all things through Christ who strengthens me."
– Philippians 4:13*

You are stronger than you realize. Believe in your inner power and resilience. Remember that you are capable of overcoming any challenges that come your way. Embrace the love and encouragement from those around you, for they are there to uplift you in times of need. Trust that God will guide you through difficult moments. Know that you are never alone on this journey. Keep pushing forward with confidence and determination, for you have the strength to conquer whatever obstacles may arise.

today's reminder for you

***"It's okay to ask for help.
Surround yourself with positive influences"***

day three

strength and support

today's something to write about

***Who are your biggest supporters during this journey?
How can they help you feel more prepared?***

day four

joy and gratitude

today's bible verse for you

*"The joy of the Lord is your strength."
– Nehemiah 8:10*

Focus on the joys of pregnancy. Each kick and flutter is a reminder of the life within you. Cherish these sensations, for they are the first whispers of the incredible bond you are forming with your baby. Celebrate the joys of pregnancy, from the growing bump to the radiant glow that comes from nurturing a new life. Remember, this is a special time filled with wonder and excitement, so savor each moment and treasure the experience of carrying new life within you.

today's reminder for you

***"Celebrate the small victories and milestones.
Keep a gratitude list."***

day four

joy and gratitude

today's something to write about

***What are three things you are grateful for today?
How does joy manifest in your daily life?***

day five

love and connection

today's bible verse for you

*"Love is patient, love is kind."
– 1 Corinthians 13:4*

Foster love within yourself and your family, establishing a nurturing and affectionate atmosphere for your baby's development. The love you nurture today will thrive in your family's hearts for years. Cherish each moment with gentleness and attention, as these instances shape memories and reinforce connections. Allow love to lead your family's voyage, lighting the way to a harmonious and joyful life together.

today's reminder for you

***"Spend quality time with your spouse and loved ones.
Strengthen your emotional connections."***

day five

love and connection

today's something to write about

***How do you express love to your baby even before their arrival?
What love traditions do you want to create?***

day six

faith and trust

today's bible verse for you

*"Trust in the Lord with all your heart and
lean not on your own understanding."
– Proverbs 3:5*

Trust in the timing and process of pregnancy and childbirth. Let go of fears and uncertainties. Embrace the journey with patience and positivity, knowing that your body is capable of incredible things. Allow yourself to surrender to God's way for your birth story, trusting that everything will unfold as it should. Remember to be kind to yourself and seek support when needed. Embrace each moment with gratitude and love, knowing that you are creating something truly miraculous.

today's reminder for you

***Have faith in your body and the journey ahead.
Trust that everything will unfold as it should.***

day six

faith and trust

today's something to write about

**What are your biggest fears about childbirth?
How can you turn those fears into faith-filled affirmations?**

day seven

hope and anticipation

today's bible verse for you

*"May the God of hope fill you with all joy and peace as you trust in him."
– Romans 15:13*

Approach each day of your pregnancy with a positive mindset, looking forward to the joys that lie ahead. Every moment presents an opportunity for personal growth and joy. Embrace the countless possibilities that await with an open heart, and trust that the future holds wonderful surprises specifically for you. Keep hope alive, remain optimistic, and remember that the journey ahead is full of promise and blessings. Your best moments are yet to come.

today's reminder for you

***Keep your mind focused on the positive
and exciting moments to come.***

day seven

hope and anticipation

today's something to write about

***What are you most looking forward to about meeting your baby?
How do you envision your first moments together?***

we hope that...

these seven days of reflections have provided you with a gentle, reassuring space to connect deeply with your journey to motherhood.

Remember, every feeling, every thought, and every dream you've penned down is a testament to your strength and love. Your reflections are seeds planted in the rich soil of your heart, ready to bloom as you embrace the beautiful days ahead.

We encourage you to revisit these pages whenever you need a reminder of your inner wisdom and resilience. Your journey is unique and magnificent, and we are honored to have shared this time with you. Wishing you peace, joy, and boundless love as you continue to nurture the remarkable life growing within you.



preparing for Childbirth: helpful tips

Getting ready for childbirth is a significant and thrilling journey that demands meticulous planning and readiness. Here are some useful tips:

To prepare for childbirth, it is important to educate yourself. This can involve attending childbirth classes, reading books, and asking your healthcare provider questions to feel more prepared.

Creating a birth plan is also recommended. This involves outlining your preferences for labor, delivery, and postpartum care while staying flexible to changes that may arise.

Don't forget to pack your hospital bag with essentials such as comfortable clothing, toiletries, baby clothes, and important documents.

Practicing relaxation techniques can be beneficial during labor. Consider learning breathing exercises, meditation, and prenatal yoga to help manage labor pain effectively.

Staying active is another key aspect of preparing for childbirth. Engaging in gentle exercises like walking or swimming can help keep you fit and ease discomfort as you approach your due date.

Focus on nourishing your body by eating a balanced diet rich in vitamins and minerals. This will not only support your own health but also contribute to your baby's development.

Rest and sleep are crucial during this time, so make sure you get enough rest to conserve energy for labor and delivery.

Building a strong support network is also important. Surround yourself with supportive friends, family, and healthcare providers who can offer guidance and assistance throughout your pregnancy journey.

Preparing your home for the baby's arrival is another key step. Set up the nursery and ensure you have all the baby essentials ready to make the transition smoother.

Lastly, staying positive is vital. Maintain a positive mindset and visualize a successful birth experience to help you stay focused and optimistic throughout this special time in your life.



Every childbirth journey is one-of-a-kind, so it's crucial to stay adaptable and open-minded as you get ready to welcome your newborn. Planning and educating yourself can boost your confidence and strength for this amazing path of bringing a new life into the world.

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thank you!

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