



a mini journal series by  
[lifewehavemade.com](http://lifewehavemade.com)



a journal for mindful motherhood  
created for every mom

mini journal series | [lifewehavemade.com](http://lifewehavemade.com)

# momma, this is dedicated for you

this mini journal is your personal space to explore and cultivate a more mindful and fulfilling experience of motherhood. Through a series of prompts, we'll navigate the beautiful and challenging aspects of this incredible journey.

Inside, you'll find prompts that will guide you to have awareness to present moment, embrace imperfection, cultivate gratitude, mindful communication and self-care as self-love.

This journal is a space for self-discovery, reflection, and growth. There are no right or wrong answers, only honest and authentic explorations. Use it as a tool to connect with yourself, your child, and the journey of motherhood with greater awareness and joy.

Let's begin!



# what is mindful motherhood?

Mindful Motherhood is an approach to parenting that goes beyond simply meeting a child's physical needs. It involves cultivating a deep awareness of the present moment in all interactions with your child. This includes actively listening to their words, observing their body language, and truly understanding their emotions.

Instead of striving for perfection and feeling overwhelmed by the constant demands of motherhood, mindful mothers embrace the inherent messiness and imperfection of the journey. They recognize that mistakes are inevitable and practice self-compassion towards themselves and their children. Mindful communication is key. It involves expressing needs and feelings clearly and respectfully, while also actively listening to your child's perspective. This fosters open and honest communication within the family. Prioritizing self-care is not selfish, but rather essential for mindful mothers. It allows them to recharge and show up as the best possible version of themselves for their children. This could include activities like yoga, meditation, spending time in nature, or simply enjoying a quiet cup of tea.

Ultimately, mindful motherhood is about cultivating a deeper connection with yourself and your child. It's about finding joy in the everyday moments, both the big and the small, and creating a loving and supportive environment for your child to grow and thrive.



# present moment awareness

***Being fully present in the here and now with your child, actively listening to their needs, observing their emotions, and truly connecting with them without distractions.***

present moment awareness

*What are my senses experiencing right now?  
(Sight, sound, smell, taste, touch)*

present moment awareness

*What emotions am I feeling in this moment?*

present moment awareness

*What thoughts are passing through my mind?  
Can I observe them without judgment?*

## present moment awareness

*How can I bring more awareness to the present moment in my interactions with my children?*

# embracing imperfection

***Accepting that motherhood is messy and that it's okay to make mistakes. Letting go of the need for perfection and focusing on creating a loving and supportive environment for your child.***



## embracing imperfection

*What are my perfectionistic tendencies  
as a mother?*

## embracing imperfection

*How can I let go of the need for perfection  
and embrace the messy beauty of motherhood?*

## embracing imperfection

*What are some ways I can practice  
self-compassion when things don't go as planned?*

# cultivating gratitude

*Appreciating the small joys and big blessings that come with motherhood. Expressing gratitude to your child, to yourself, and to the experiences you share together.*

cultivating gratitude

*What am I grateful for today?*

## cultivating gratitude

*How can I express gratitude to my children  
and to myself?*



## cultivating gratitude

*How can I cultivate an attitude of gratitude  
in my daily interactions?*

# mindful communication

***Communicating with your child with kindness, empathy, and clear, concise language. Actively listening to their perspective and expressing your own needs and feelings respectfully.***

## mindful communication

*How can I communicate with my children more  
mindfully and compassionately?*

## mindful communication

*What are some active listening techniques  
I can practice?*

## mindful communication

*How can I use "I" statements to express my  
needs and feelings?*

# self-care as self-love

*Prioritizing activities that nourish your mind, body, and soul, such as exercise, meditation, spending time in nature, or simply enjoying a quiet cup of tea. Recognizing that self-care is essential for your well-being and your ability to be a present and loving mother.*



## self-care as self-love

*What self-care practices nourish my mind,  
body, and soul?*

## self-care as self-love

*How can I prioritize self-care within the demands of motherhood?*

## self-care as self-love

*How does self-care contribute to my ability to be  
a more present and loving mother?*



bonus page

## mindful play

*Describe a playful interaction with your child, focusing on the sensory details and the emotional connection.*

## letting go of expectations

*Reflect on a situation where you felt frustrated or disappointed and how you can let go of those expectations.*



## inner peace

*What does inner peace mean to me as a mother?  
How can I cultivate inner peace in my daily life?*

# mindful motherhood

*is an approach to parenting that emphasizes being fully present with your child, actively listening to their needs, and cultivating self-compassion. It involves accepting the messy reality of motherhood, embracing imperfection, and managing your own emotions effectively. By prioritizing self-care and mindful communication, mothers can foster deeper connections with their children and cultivate a more joyful and fulfilling parenting experience.*

# we hope that...

This mini journal has been a supportive companion on your path to mindful motherhood.

May it have offered valuable insights, sparked meaningful reflections, and fostered a deeper bond with yourself and your child. Keep in mind that this is a continuous journey, always allowing for growth and learning. Embrace the experience with kindness, compassion, and joy.



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remember to tag us with #lwhmminijournalseries and  
share your thoughts and experiences using this journal.

We can't wait to see your unique perspective and  
experiences brought to life through the pages of your  
journal. Let's inspire each other to keep writing,  
reflecting, and growing together.

*thank you!*

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# mindful momma

*This mini journal serves as a supportive companion for mothers seeking a more mindful and enriching parenting experience. With a collection of prompts, it encourages users to develop awareness of the present moment, accept imperfection, express gratitude, engage in mindful communication, and prioritize self-care as a form of self-love. By promoting reflection and self-discovery, the journal aspires to help mothers forge a deeper connection with themselves and their children, nurturing a more loving and supportive family atmosphere.*

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