

mom prep journal

A collection of journal entry prompts for women on the path to motherhood.

prepare for life as a happy mom

about

WE ALL WANT TO BE GREAT MOMS and give our future kids the absolute best start in life. However, knowing exactly how to do that can get very confusing. It's easy to get overwhelmed by the fear of failure, parenting experts, our own relationship with our mom, and society's idea of what a good mom is.

However, through my professional experience in childcare and education in Maternal Health, I have discovered that the best person to guide you throughout motherhood is you. I'm not here to preach perfection or the latest parenting philosophies, or anything that will leave you feeling like a failure. What I have developed is the complete opposite. I want to show you that you are the expert, and your intuition is expert parenting advice. I want to help you find and define your inner momma compass.

"the key to being a good mom really is as simple, and as hard as, finding yourself and being true to who you are."

It does take prep work to get to a place where you can rely on your internal compass, but it is worth it, and that's what this workshop is all about. Books and classes on breastfeeding, birth plans, and parenting strategies have their place, but the key to being a good mom really is as simple, and as hard as, finding yourself and being true to who you are. Approaching Motherhood provides you with a strategy, community and a set of tools that will put you on the path to modern motherhood, leaving you feeling competent, empowered, and successful in the next stage of life.

- JESSICA DOYLE

APPROACHING MOTHERHOOD, FOUNDER

Instructions: Answer these journal prompts on a separate piece of paper or document. Take your time answering them and don't overwhelm yourself doing them all in one sitting. Have fun!

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mom prep journal prompts

- ♥ Motherhood will be....
- ♥ I want motherhood to be....
- ♥ I want to be a mom because...
- ♥ What excites me the most about being a mom?
- ♥ What scares me the most about being a mom?
- ♥ How do I want to feel as a mom?
- ♥ How do I want my partner to feel – as a romantic partner and part of the family?
- ♥ How do I want my kids to feel being a party of my family?
 - Do I already feel this way myself?
 - How could I feel more of what I want them to feel?
- ♥ What do I want to be different than my mother (parents)?
- ♥ What do I want to do the same as my mom?
- ♥ What do I wish my kids can do that I couldn't? (travel, dream job, be successful, skateboard, etc?)
 - How could I do this or give myself this experience now?
- ♥ What's something emotionally I didn't get growing up that I could learn to give myself now? (feeling loved, important, heard, understood, accepted, etc)
- ♥ If my future daughter looked at her body the way I look at mine, what would she see or feel?
- ♥ If my future child talked to themselves the way I talk to myself, they might hear and feel?
- ♥ Will worrying, being fearful, and having anxiety make me a better mom?
 - If I worried less, how would that change my life?

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- ♥ Great moms take care of themselves as well as they take care of those they love. If I really took care of myself mentally, emotionally, physically, and spiritually what would that look like?
- ♥ The things I need to rest, recharge, nurture, and reconnect to myself are
 - How can I make these more routine and a priority?
 - How can I keep doing these into motherhood?
- ♥ What does it look like when I put myself first?
 - How can I put myself first more?
 - What will my kids learn by watching me put myself first?
- ♥ If my children copied my romantic relationship, they would see and think love is _____
- ♥ Your intuition is expert parenting advice. How does my intuition speak to me? What happens when I ignore it? How could I use my intuition in motherhood?
- ♥ If I cared less about what other people think, I would...
- ♥ If I made alone time (date nights?) routine and a regular weekly thing it would look like...
 - In what ways would my family benefit if I took time for romance.
- ♥ It really does take a village to raise a child. Asking for help makes me feel...
- ♥ T/F I am gentle and loving with myself.
 - How can I be more gentle and loving towards myself and others?

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general journal prompts

- ♥ What do I need?
- ♥ What do I want?
- ♥ I know....
- ♥ What did I learn about love this week?
- ♥ What did I learn about fear this week?
- ♥ What's working for me now?
- ♥ What needs to change?
- ♥ What's not working for me?
- ♥ How do I feel?
- ♥ What scares me?
- ♥ What is exciting to me right now?
- ♥ What do I appreciate?
- ♥ What in my life gives me meaning and purpose?
- ♥ How can I love myself more?
- ♥ I need to let go of....
- ♥ I need to embrace....
- ♥ I need to stop...
- ♥ What nourishes me now?
- ♥ I give myself permission to...

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approaching
motherhood

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Approaching Motherhood is an organization dedicated to empowering women to have a full, happy, motherhood experience. Based in Austin, Texas, they host workshops that help provide you with a strategy and a set of tools that will put you on the path to modern motherhood that will leave you feeling competent, empowered, and successful in the next stage of life.