

# NEW MOM JOURNAL PROMPTS

1. What are the things you couldn't imagine living without?
2. How would you like your home to feel?
3. Who are the people in your life who sincerely support you?
4. When was the last time you laughed until you cried?
5. Make a list of 20 things that make you smile.
6. Make a list of everything you want to say yes to.
7. What is one secret no one would suspect of you?
8. What inspired you in the past, before you were a mother?
9. What are the choices that haunt you?
10. What are ten things you want your baby to know about you?
11. What mistakes do you need to forgive yourself for?
12. What are the things that scare you about being a mother?
13. What did you think being grown up would feel like?
14. What are ten words to describe yourself?
15. What is the best gift you've ever received?
16. List ten things that make you feel loved
17. List five things that you love about your family
18. Write a letter to your younger self.
19. What are the words you like to live by?
20. What is your favorite way to spend the day?
21. What is your most joyful, playful childhood memory?
22. Where would you go if you could go anywhere right now?
23. Name five qualities you love about yourself.
24. What do you wish others knew this about you?
25. What does abundance look like for you?
26. What's surprised you the most about your life?
27. Make a list of everything you want to say "no" to.
28. What are five things about motherhood that no one told you?
29. What makes you feel strong?
30. What is your biggest goal and how will you achieve it?