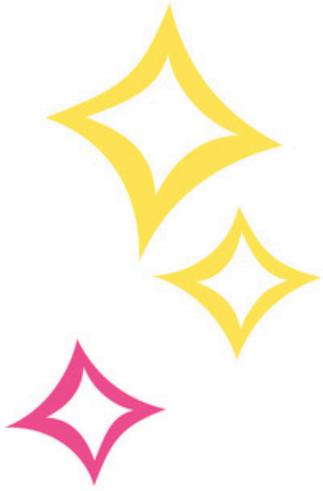


**14 DAYS OF
JOURNALLING PROMPTS
FOR MUMS
E-BOOK**





14 DAYS OF JOURNALLING PROMPTS FOR MUMS

This E-Book will give you the inspiration you need to kickstart your journaling practice, whether it's something that you want to do daily, or just as and when you feel the need to.

What's so great about journaling then?

Journaling gives you a chance to get your emotions out of your head and on to paper, so that you can look at your situation in a different light. Journaling is cathartic, gives you clarity and allows you to offer yourself compassion too.

Journaling is also great for:

- Reducing overwhelm by helping you to make sense of the thoughts racing around your head
- Giving you a totally different perspective because writing gives you some distance from your situation
- Tapping into your intuition



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Finding the time to journal:

Let's focus on small steps and being realistic - 2 minutes or 5 minutes of journaling is enough. If you have more time, great, but if you don't, these small pockets of time journaling will still make a difference to you.

Potential times you could journal:

- Writing in the kitchen first thing in the morning for a few minutes while you are waiting for the kettle to boil
- Journaling while the kids are with you and they are occupied playing
- Journal for 5 mins once the kids are in bed - it's a nice way to calm down after a stressful bedtime
- Similarly just before you go to bed is a good time to journal too
- Or just whenever you feel overwhelmed and you need to get your thoughts out of your head and on to paper, for some clarity

I hope you enjoy working through this E-Book and it brings you some clarity and compassion, and the start of a new self-care habit for you.

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DAY 1

FREE WRITING

This is an easy one to start with - just write whatever comes into your head. You might be surprised at what you write about - there's no right or wrong here, just write about whatever comes into your mind at the time.

DAY 2

GRATITUDE FOR YOURSELF

What qualities do you have that you are grateful for?

DAY 3

GRATITUDE FOR YOURSELF

Write down 3 ways that you bring joy to your family everyday.

DAY 4

GRATITUDE FOR YOURSELF

What do you like about yourself?

DAY 5

GRATITUDE FOR YOURSELF

What qualities do you want your kids to inherit from you?

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DAY 6

GRATITUDE FOR YOURSELF

Write down 5 things that you are good at.

DAY 7

MOTHERHOOD JOURNEY

Knowing what you know now, what advice would you give to yourself as a new mum?

DAY 8

MOTHERHOOD JOURNEY

What are the most fulfilling parts of motherhood for you?

DAY 9

MOTHERHOOD JOURNEY

What have you learnt about yourself since you became a mum?

DAY 10

MOTHERHOOD JOURNEY

What do you wish you could be more honest about in motherhood?

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DAY 11

MOTHERHOOD JOURNEY

What has helped you cope with the tough parts of motherhood?

DAY 12

TUNE INTO YOUR INTUITION

What do you need more of or less of today?

How can you act on this today?

DAY 13

TUNE INTO YOUR INTUITION

What kind words do you need to hear today?

DAY 14

REFLECTION

What did you learn about yourself while journalling?

Which journalling prompt felt the hardest/easiest?

What time of day worked best for you to journal?

What will you take forward into your everyday life from this E-Book?



ABOUT JENNA

Jenna Folarin is a Coach for Mums. She supports exhausted mums with young kids to turn their overwhelm and anger into calm and compassion.

Jenna also hosts 'The Inspiring Mums Podcast' and writes about motherhood on Substack.

As well as coaching, Jenna runs retreats for mums, has created and delivered well-being workshops for Cardiff University, and also set up a monthly self-care group for mums in her local community.

Jenna lives in South Wales with her husband and 3 children and once her kids are finally asleep, she loves reading romance books or crocheting a huge colourful blanket.



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