

Grateful Mama Journal Prompts

What is one thing that your children have taught you about yourself?

What are some positive things that your children bring into your life on a daily basis?

What is your favorite thing about being a parent?

What is something your own parents have taught you that you are grateful for?

Who can you call when you're having a rough day (or days)?

Being an awesome mom is a lot of work sometimes. What's something nice you can do for yourself to replenish your resources today? (**Bonus Tip~ Thinking about it is nice, but it only really helps if you actually DO IT.)