

N O T E S O N

Motherhood

..... VERY IMPORTANT NOTES

For now or
for one day



Some days feel full, just full.

Some feel overwhelming.

Some feel like you're getting it right.

Some feel like you're not even close.

Most days are a bit of everything.

This can be used at any stage of life.

You don't need a reason to begin.

This is a place to be honest.

Not the version you show the world.

Not the version you think you should be.

Just you, as things really feel.

There is no perfect way to do this.

There is only your way.

You might not say these things out loud.

You might not even fully understand them yet.

But they are still real.

And they still matter.

You can leave them here.

QUIET TRUTHS

TODAY IS: _____

The thing I wish I had more of right now...

A moment from today I don't want to forget...

Something I didn't say today...

What I needed today, but didn't ask for...

QUIET TRUTHS

TODAY IS: _____

A small moment that meant more than it looked...

What I'm proud of, even if no one noticed...

Something I'm still trying to figure out...

What love felt like today...

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You don't have to share any of this.

Some thoughts are just for now.

Some might make more sense later.

And some...

You might want to leave for one day.

FOR YOU, ONE DAY

TODAY IS: _____

If you ever read this, I want you to know...

The kind of mother I hoped to be...

What I worried about, and why...

What I found harder than I expected...

FOR YOU, ONE DAY

TODAY IS: _____

What I loved most, even on the hardest days...

The things I didn't always get right...

What I hope you felt, even when I didn't say it...

What I was trying to hold together at the time...

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There is no perfect record of motherhood.

Just moments.

Feelings.

Trying.

Love, in all its forms.

You've written something real.

That matters.

Whether it stays here,
or finds its way to someone one day.

*One day, this might help someone understand
things more fully.*

You don't have to stop here.

If you feel like there's more you want to say,
you can come back to this.

Or you can take it somewhere new.

There are a few gentle ways to keep going.

Only if you want to.

A LETTER TO YOUR CHILD

