

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.

THIS BOOK
BELONGS TO

NAME:

DATE STARTED:

SIGNATURE:



HOW TO USE YOUR NOTEBOOK

This is your space

What you write here is private unless you choose to share it. There's no right way to use this notebook, take what feels useful, skip what doesn't, and come back whenever you need.

Download and save your copy

Download your notebook and save it somewhere you'll easily find again. You might like to keep one blank copy and a second copy for writing in.

Write directly into it

Click or tap into the spaces and start typing. Write a little or a lot. Skip questions, return to them later, or leave them unanswered, it's completely up to you.

Save as you go

Remember to save your PDF regularly so you don't lose anything you've written.

Mac: Command + S
Windows: Ctrl + S

Come back anytime

This notebook doesn't need to be completed in one sitting. Reopen your saved copy whenever you want to keep writing, revisit an answer, or notice what's changed.

One important note

When saving your working copy, avoid using "Print to PDF." This can flatten the file and make your notebook no longer editable.

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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save as you go.

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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...

Save as you go,
and come back
whenever you're
ready.

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Take a moment
to save, so your
words stay with
you.

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







