

parenting
our
families

Journal Prompts

What's going well in your family this week?

What would make a better life for your family now?

I'm happiest when...

2 ways I'm using my time wisely

What steps can you do to prepare for the next week?

What have you learnt now that you could tell a new mom?

What's happened to you that you're most proud of?

What would you love to do, if only you were asked?

