

A woman with dark curly hair, wearing a pink athletic top and shorts, is sitting on an orange yoga mat on a carpeted floor. She has her eyes closed and her hands pressed together in a prayer position. In the background, there is a desk with a computer monitor, a blue wall, and a window with orange curtains. A pair of glasses is on the floor to the left.

A New Day

*10 Digital Journal Prompts
for Stressed Mamas*

Kiera Laeka

Question 1

WHAT'S ONE SMALL MOMENT OF
PEACE I EXPERIENCED TODAY, AND
HOW DID IT MAKE ME FEEL?

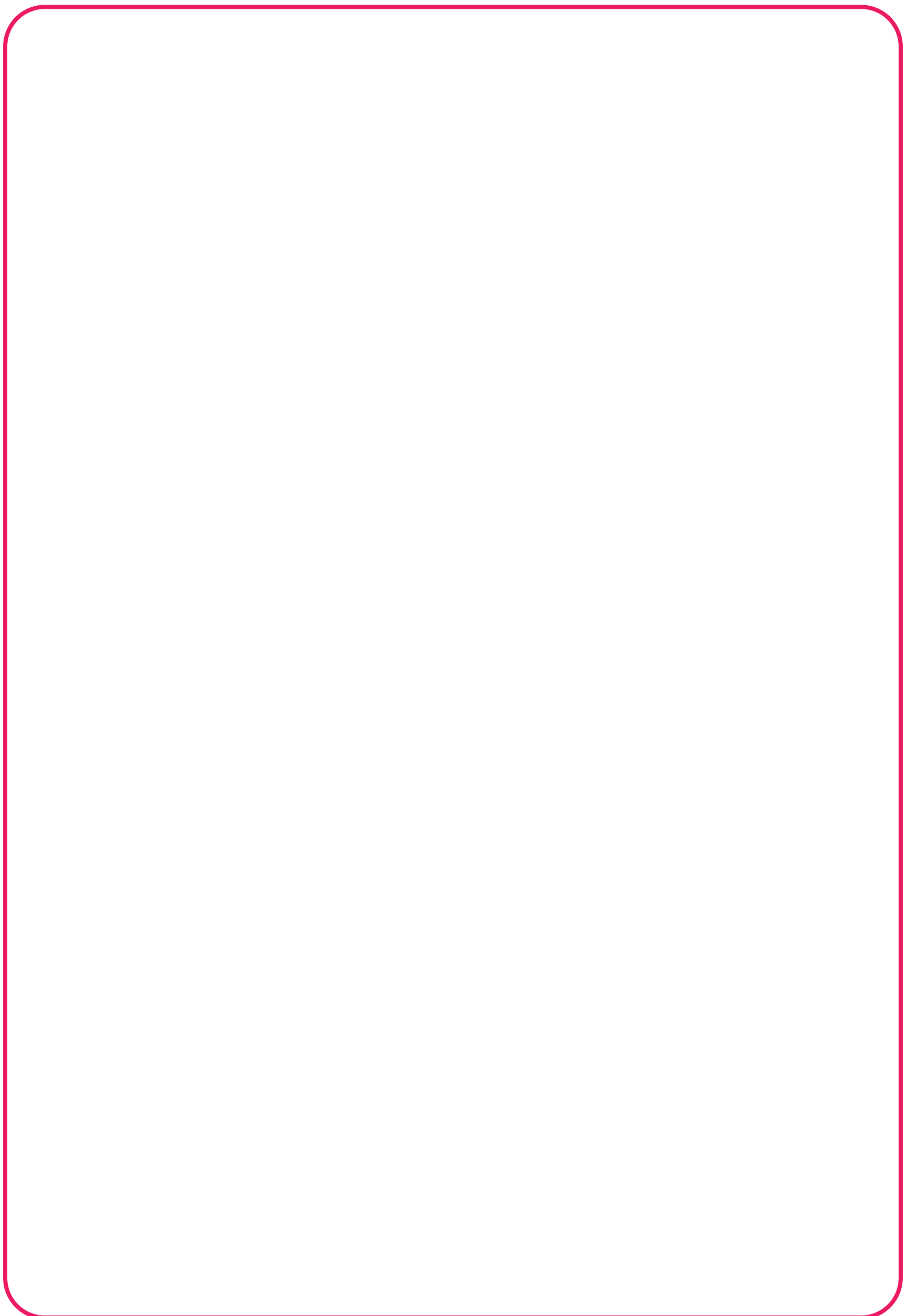


Question 2

WHAT THOUGHTS HAVE BEEN
WEIGHING ON ME THE MOST THIS
WEEK, AND ARE THEY FULLY IN MY
CONTROL?

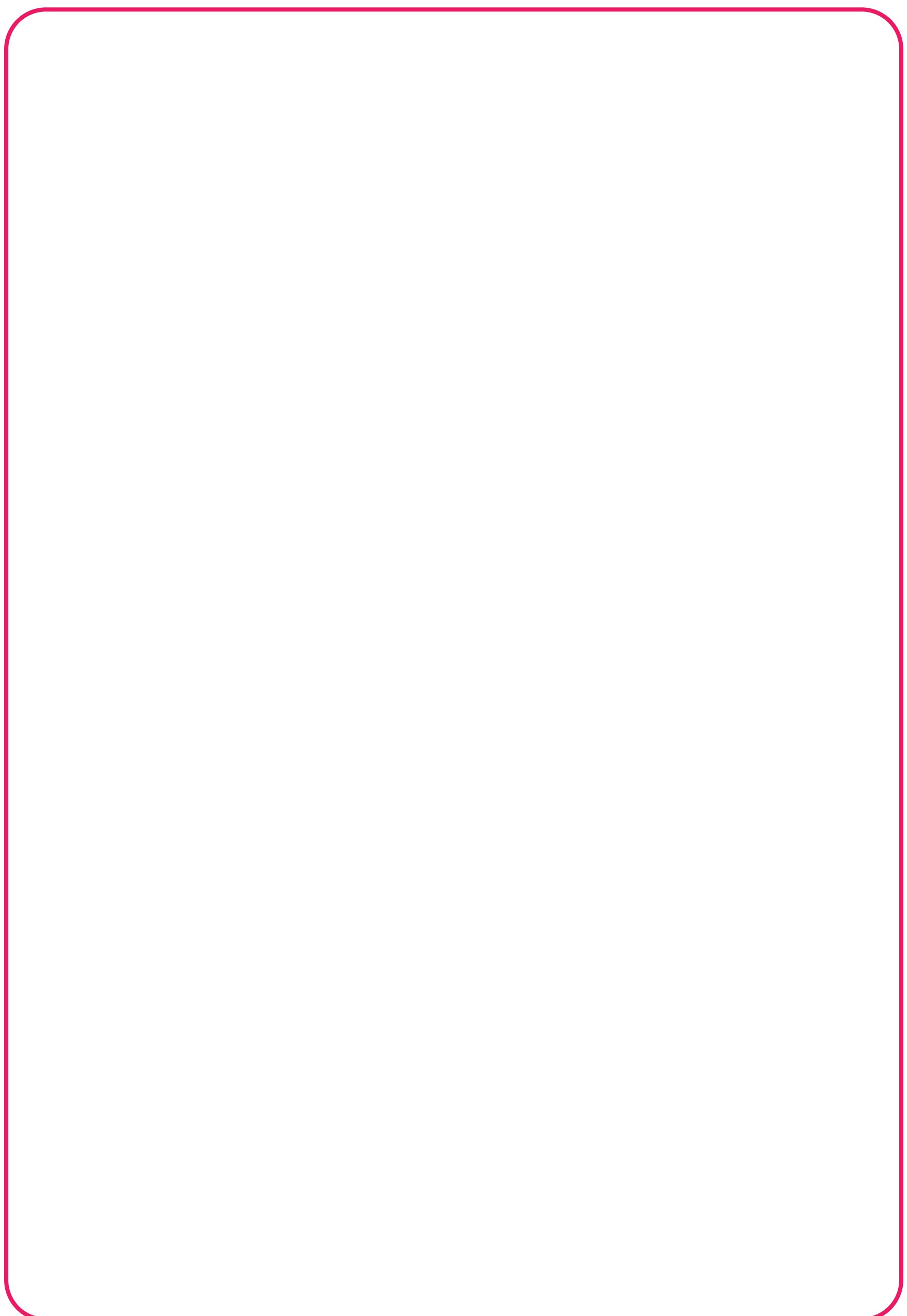
Question 3

LIST THREE THINGS THAT WENT RIGHT
THIS WEEK, NO MATTER HOW SMALL.



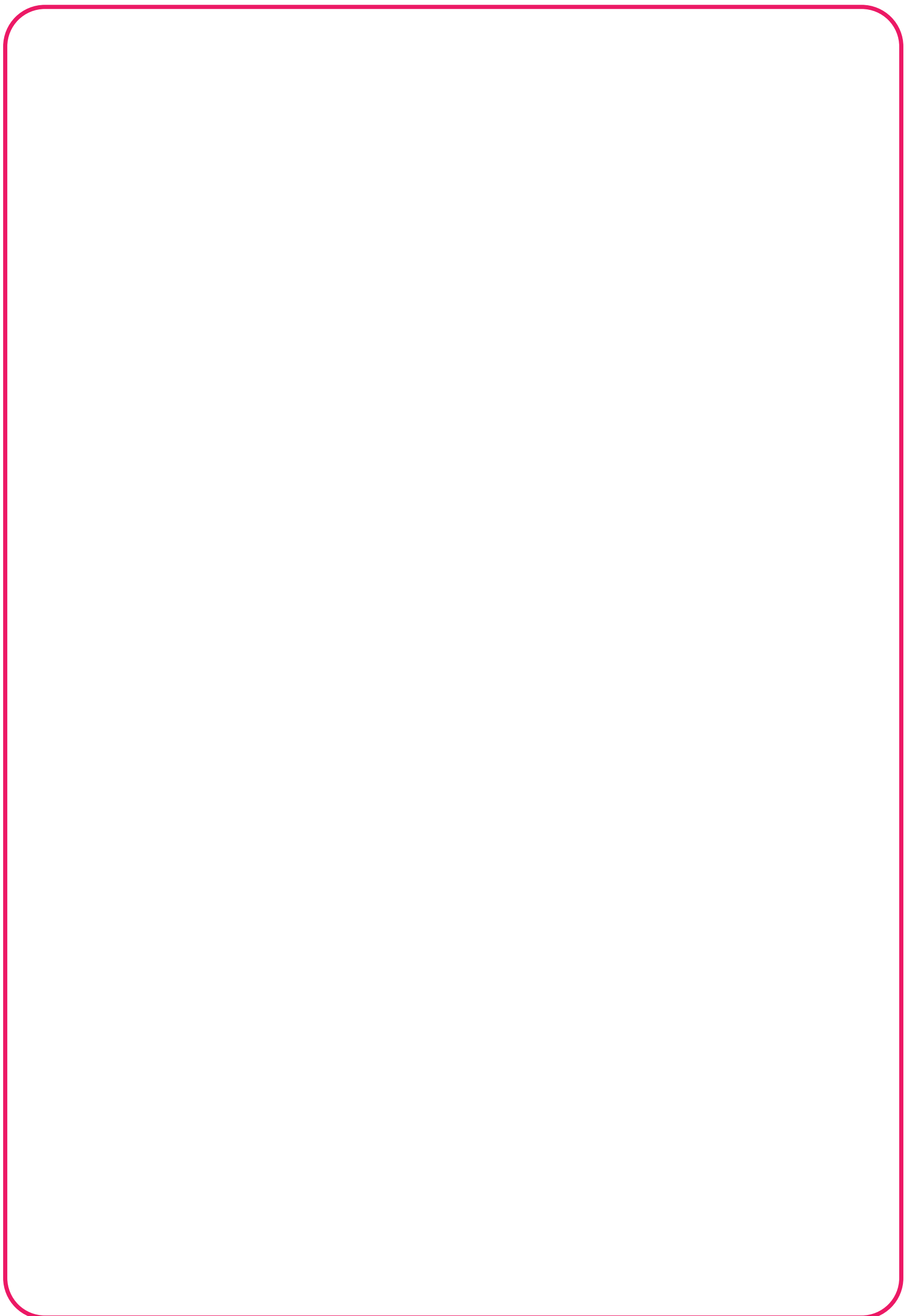
Question 4

IF I COULD RELEASE ONE WORRY RIGHT NOW, WHAT WOULD IT BE AND WHY?



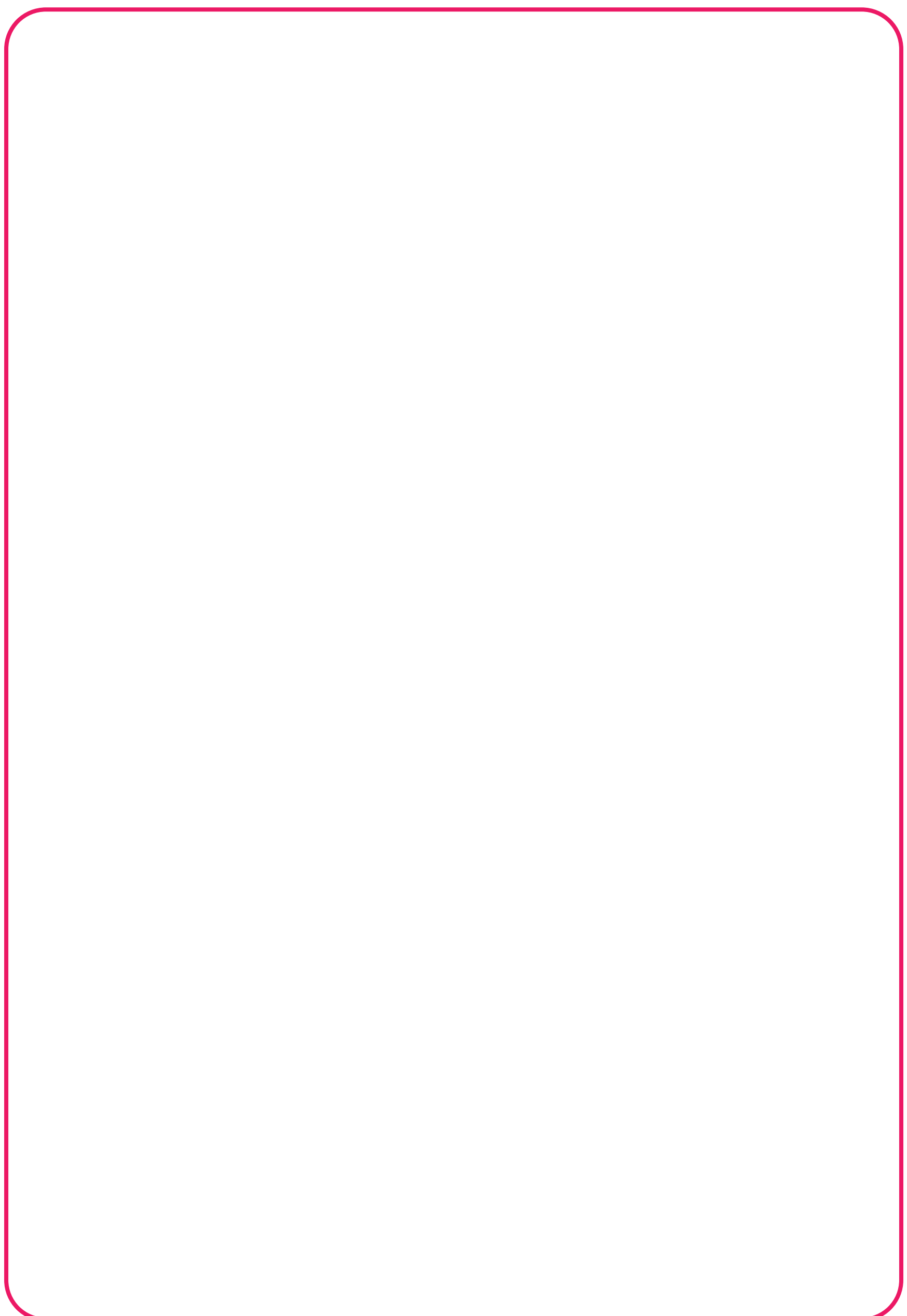
Question 5

WHAT IS MY BODY TELLING ME ABOUT
HOW I'M HANDLING STRESS? HOW CAN
I RESPOND WITH CARE?



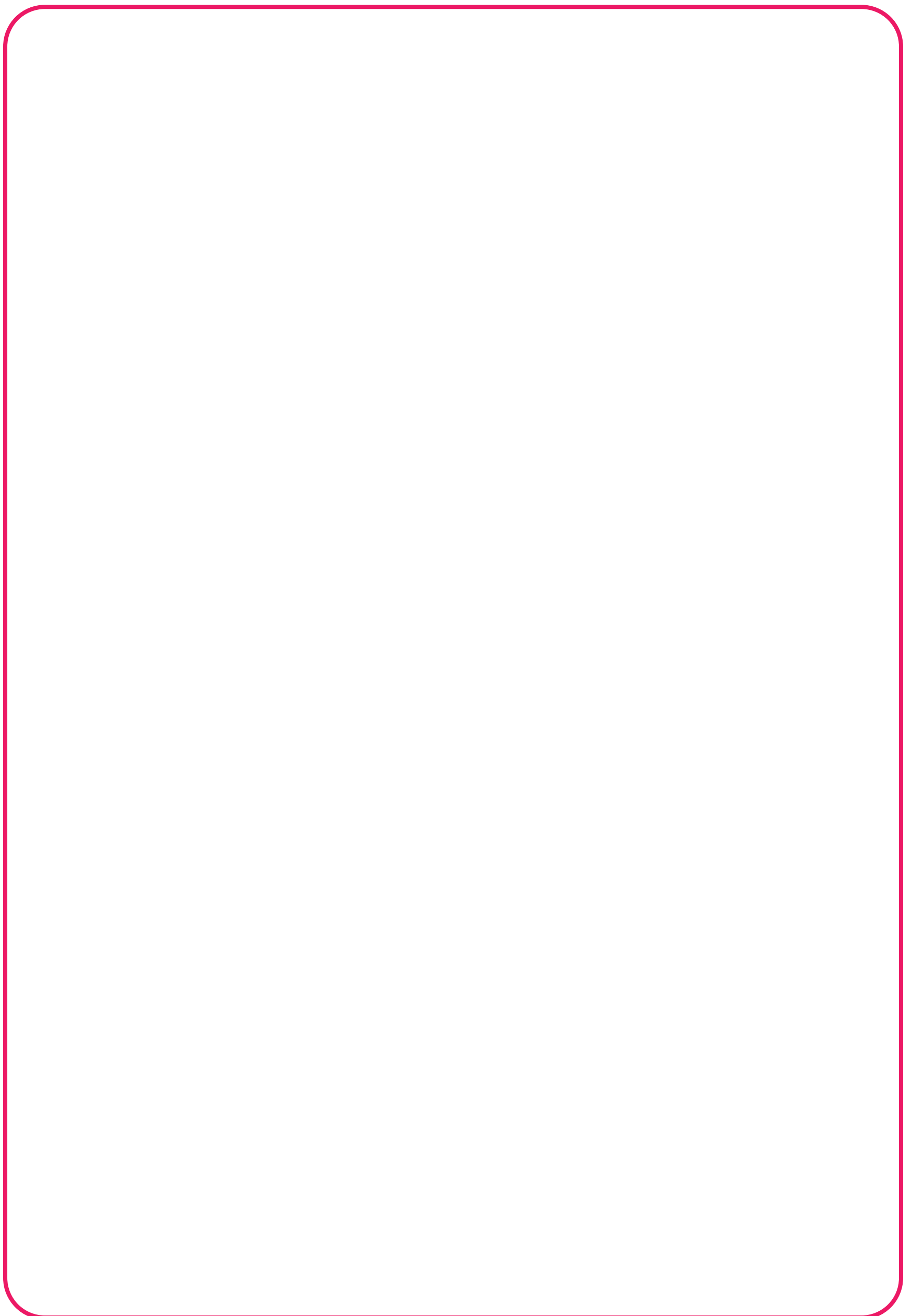
Question 6

WRITE DOWN ONE ENCOURAGING
THING I'D SAY TO A FRIEND IN MY
SHOES — AND THEN SAY IT TO MYSELF.



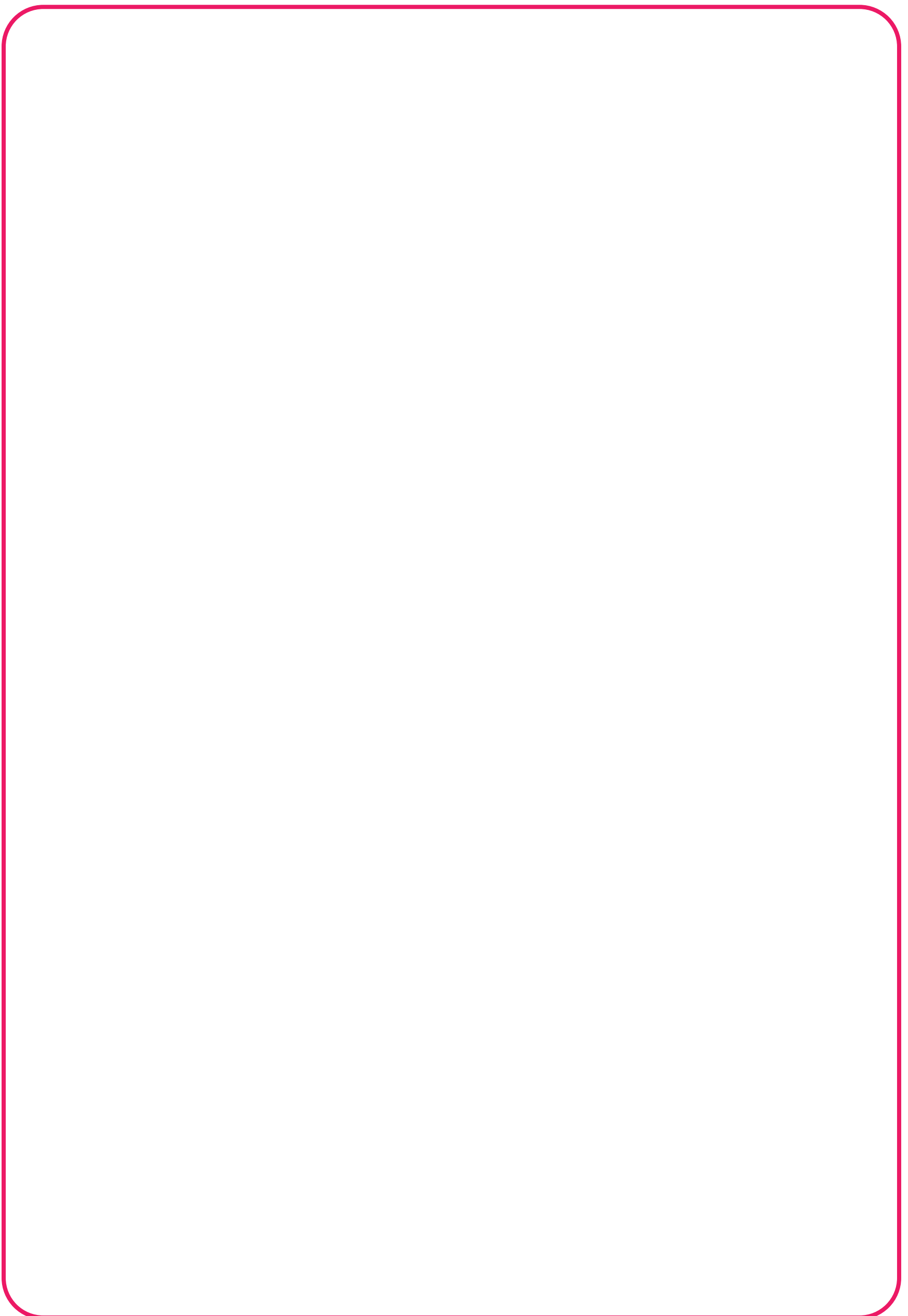
Question 7

WHERE DID I FEEL THE MOST LIKE MYSELF THIS WEEK? WHAT WAS I DOING IN THAT MOMENT?



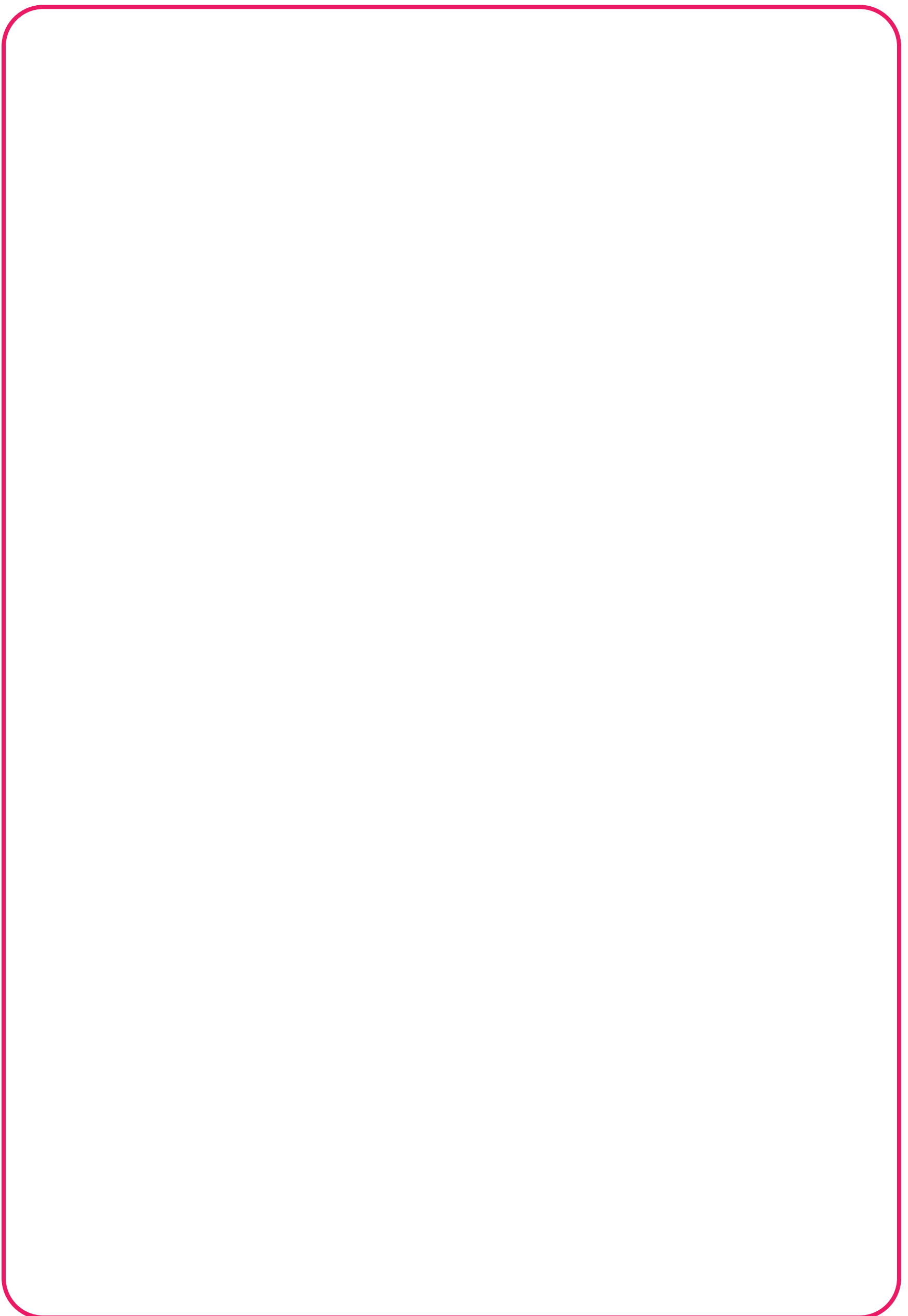
Question 8

WHAT IS ONE SIMPLE THING I CAN DO
TONIGHT TO FEEL CALMER
TOMORROW?



Question 9

WHO OR WHAT HAS BEEN MY BIGGEST SUPPORT THIS WEEK? HOW CAN I SHOW GRATITUDE FOR IT/THEM?



Question 10

IF I IMAGINE MY IDEAL “STRESS-FREE EVENING,” WHAT DOES IT LOOK LIKE? HOW CAN I CREATE A SMALL VERSION OF IT TONIGHT?

