Motherhood Reflection

A space to slow down and check in.

betterhelp

Motherhood can move quickly, and it's easy to take things in without really having a moment to process what they bring up. This reflection guide is here to help you slow down, check in with yourself, and notice what resonated about the Motherhood with You videos.

JOURNALING PROMPTS

Take what resonates and leave the rest.

- What moment from the video stayed with you most?
- What emotion came up for you while watching?
- What part felt most relatable to your own experience?
- What do you need more of right now?
- What are you doing better than you give yourself credit for?
- If I could offer myself one sentence of support right now, it would be:
- One small takeaway I want to carry forward:

YOUR REFLECTIONS