

Mom & Me Journal





1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30





Trace mom's hand + your hand inside it



DAY 1 - NEW BEGINNINGS

Date _/_/___

Today's mood



For Kid

✦ Something new I tried today...

For Mom

✦ Today, I felt calm when...

Together

✦ One thing we both enjoyed today was ...

✦ Promise for tomorrow

DAY 2 - PROUD MOMENTS

Date _/_/___

Today's mood



For Kid

✦ Today, I felt proud when...

For Mom

✦ Today, I loved seeing you...

Together

✦ Our happiest moment today was ...

✦ Promise for tomorrow

DAY 3 - LITTLE JOYS

Date _/_/___

Today's mood



For Kid

✦ A small win I had today...

For Mom

✦ The cutest/funniest thing you said today...

Together

✦ Something we laughed about ...

✦ Promise for tomorrow

DAY 4 - GROWTH CHECK

Date _/_/___

Today's mood



For Kid

✦ One thing I am improving at...

For Mom

✦ One thing I am improving at...

Together

✦ A shared habit we want to build...

✦ Promise for tomorrow

DAY 5 - SWEET MOMENTS

Date _/_/___

Today's mood



For Kid

✦ A gentle moment I noticed....

For Mom

✦ A comforting thought I had..

Together

✦ A soft moment you shared...

✦ Promise for tomorrow

DAY 6 - CHALLENGES

Date _/_/___

Today's mood



For Kid

✦ Something I struggled with...

For Mom

✦ Something I struggled with...

Together

✦ How we handled it as a team...

✦ Promise for tomorrow



Draw your family



DAY 7 - CONNECTION

Date _/_/___

Today's mood



For Kid

✦ A moment they needed you...

For Mom

✦ A moment I stayed present...

Together

✦ One bonding moment...

✦ Promise for tomorrow

DAY 8 - LITTLE ACHIEVEMENTS

Date _/_/___

Today's mood



For Kid

✦ A small win I had today...

For Mom

✦ A small win I had today...

Together

✦ A win we shared...

✦ Promise for tomorrow

DAY 9 - CURIOSITY

Date _/_/___

Today's mood



For Kid

✦ Something new I explored today...

For Mom

✦ Something that made me think...

Together

✦ One question we answered together...

✦ Promise for tomorrow

DAY 10 - GRATITUDE

Date _/_/___

Today's mood



For Kid

✦ One thing I am grateful for today...

For Mom

✦ One thing I am grateful for about you...

Together

✦ A moment of gratitude we shared...

✦ Promise for tomorrow

DAY 11 - CALM

Date _/_/___

Today's mood



For Kid

✦ A moment of calm today...

For Mom

✦ A moment of calm today...

Together

✦ Something that brought quiet comfort...

✦ Promise for tomorrow

DAY 12 - UNDERSTANDING

Date _/_/___

Today's mood



For Kid

✦ A moment I understood mom's perspective...

For Mom

✦ A moment I gave myself grace...

Together

✦ When we both helped each other...

✦ Promise for tomorrow



This week's best moment



DAY 13 - SILLY MOMENTS

Date _/_/___

Today's mood



For Kid

✦ A small win I had today...

For Mom

✦ A small win I had today...

Together

✦ A win we shared...

✦ Promise for tomorrow

DAY 14 - STRENGTH

Date _/_/___

Today's mood



For Kid

✦ Something brave I did...

For Mom

✦ Something brave I did...

Together

✦ A strong moment between us...

✦ Promise for tomorrow

DAY 15 - LOVE

Date _/_/___

Today's mood



For Kid

✦ A moment I loved myself...

For Mom

✦ A moment I felt love for you strongly...

Together

✦ A hug, a smile, or a touch that mattered...

✦ Promise for tomorrow

DAY 16 - KINDNESS

Date _/_/___

Today's mood



For Kid

✦ A kind thought I had today...

For Mom

✦ A kind thing I did...

Together

✦ A moment of softness or understanding...

✦ Promise for tomorrow

DAY 17 - PATIENCE

Date _/_/___

Today's mood



For Kid

✦ A moment I waited, tried, or held back...

For Mom

✦ A moment I chose patience...

Together

✦ A situation we handled with calm...

✦ Promise for tomorrow

DAY 18 - LEARNING

Date _/_/___

Today's mood



For Kid

✦ Something I learned today...

For Mom

✦ Something I learned about you...

Together

✦ Something we explored or talked about...

✦ Promise for tomorrow



Color the picture.

Add any design that you like as background like flowers, stars etc



DAY 19 - COMFORT

Date _/_/___

Today's mood



For Kid

✦ A moment I needed comfort...

For Mom

✦ A moment I needed comfort...

Together

✦ How we comforted one another...

✦ Promise for tomorrow

DAY 20 - PLAY

Date _/_/___

Today's mood



For Kid

✦ A game or activity I enjoyed...

For Mom

✦ A moment I felt playful...

Together

✦ A shared moment of fun...

✦ Promise for tomorrow

DAY 21 - HONESTY

Date _/_/___

Today's mood



For Kid

✦ A moment I tried to be honest ...

For Mom

✦ A truth I acknowledged about yourself...

Together

✦ An honest conversation we had...

✦ Promise for tomorrow

DAY 22 – BOUNDARIES

Date _/_/___

Today's mood



For Kid

✦ A moment I stood up for myself...

For Mom

✦ A boundary I kept today..

Together

✦ A healthy limit we set as a team...

✦ Promise for tomorrow

DAY 23 - ENERGY

Date _/_/___

Today's mood



For Kid

✦ Something that excited or energized me...

For Mom

✦ What boosted my energy today...

Together

✦ A lively moment we shared...

✦ Promise for tomorrow

DAY 24 - CREATIVITY

Date _/_/___

Today's mood



For Kid

✦ Something creative I did...

For Mom

✦ A creative choice I made...

Together

✦ A moment of drawing, singing, building, or imagining...

✦ Promise for tomorrow



Color the hearts



DAY 25 - HARD MOMENTS

Date _/_/___

Today's mood



For Kid

✦ A moment I struggled or cried...

For Mom

✦ A moment I felt overwhelmed...

Together

✦ How we supported each other...

✦ Promise for tomorrow

DAY 26 - GRATITUDE 2.0

Date _/_/___

Today's mood



For Kid

✦ Something mom brought into my life today...

For Mom

✦ Someone or something I appreciated...

Together

✦ A grateful moment shared...

✦ Promise for tomorrow

DAY 27 - LITTLE SURPRISES

Date _/_/___

Today's mood



For Kid

✦ Something unexpected I did or said...

For Mom

✦ Something that surprised me about myself...

Together

✦ A moment we didn't plan but enjoyed...

✦ Promise for tomorrow

DAY 28 – PROGRESS

Date _/_/___

Today's mood



For Kid

✦ A tiny improvement I made...

For Mom

✦ A bit of progress I noticed in myself...

Together

✦ How we're growing as a team...

✦ Promise for tomorrow

DAY 29 – QUITE MOMENTS

Date _/_/___

Today's mood



For Kid

✦ A peaceful moment I noticed...

For Mom

✦ A moment I breathed freely...

Together

✦ A calm moment we shared...

✦ Promise for tomorrow

DAY 30 – REFLECTION

Date _/_/___

Today's mood



For Kid

✦ What I adore about mom right now...

For Mom

✦ What I am proud of in myself as a parent...

Together

✦ Our favorite memory from this 30-day journey...

✦ Promise for tomorrow

[illegible]



Your Choice – Draw, Write, or Paste!

