

Soul Notes 

QUIET TOOLS FOR LOUD EMOTIONS



## 5-DAY GRACE FILLED MOM PROMPT JOURNAL

*Nurturing Identity Through Reflection*

*A Real Mom: Emotional, yet the rock.  
Tired, but keeps going. Worried, but  
full of hope. Impatient, yet  
patient. Overwhelmed, but never  
quits. Amazing, even though  
doubted. Wonderful, even in the  
chaos. Life changer, every single day.*



# HOW TO USE THIS JOURNAL



*Five days of reflective prompts to help you nurture your identity beyond motherhood. Reconnect with your heart, your dreams, and the women you are becoming - all in the quiet moments between.*

*Grab your journal and give yourself five minutes. Write freely, without editing or judging your thoughts.*

*You are a wonderful mother - and so much more.*













# Looking Back with Grace

**What did I learn about myself?**

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**What do I want to carry forward?**

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**What was my favorite memory from the past two weeks?**

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**Things to Remember:**

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*Hi, I'm Lisa - the heart behind Soul Notes. I created Soul Notes because for most of my life, I've struggled to rest, say no, or give myself permission to pause. As someone who's spent years feeling unseen and unheard, I became a master at holding it all together - but I also became exhausted. It's taken time (and God's quiet reminders) to learn that rest isn't weakness - it's how we stay whole. My hope is that my Soul Notes Collections create space for you to exhale, slow down, and remember you are seen, you are worthy, and God is a safe place to land.*

