



LOVE
creates
LOVE





A New Mom Journal
by Caridad Saenz



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*I trust my
maternal
intuition*

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list what you love
about each of your
children



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how has motherhood changed you?
any new qualities you admire?



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*I am the best mother
for my children ;
I was born to be
their mother*

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list 10 things that
make you feel loved



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list 10 things you
love doing for your
family



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*I will be
kind to
myself*

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what is the most important place
in your house to keep clear?

Have one space for you that you
can sit, breathe, and relax in



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how has your relationship with
your partner changed since
becoming a mom?



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Being a mother
makes me feel
beautiful

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what does me-time mean to you?

Do you make it a priority?



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*I am a blessing
to my children*


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name a thing you love
about this time of your
life



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Being a mother
has made me
strong

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A large, intricate pink mandala with multiple layers of floral and geometric patterns, located in the upper left corner.

are you asking for help? are you
communicating what you need?

Who else can you reach out to for help?

Commit to open lines of communication.

A large, intricate pink mandala with multiple layers of floral and geometric patterns, located in the bottom left corner.

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*I deserve
to relax*

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what was the last thing that made
you laugh?




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i feel most relaxed when ...





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