

Journal Questions

If you'd like to, these journal guides will help you dig that bit deeper into the topics, helping you apply the words to your own life and mind. Remove any pressure from yourself to 'complete' this guide, or write reams of notes. They are simply here for you to use if and as you wish, whether you just consider them in the quiet of your mind, write one-word answers or consult them for particular topics.

CHAPTER 2

MOT

2.1 – How are you?

Note down 5-10 words to describe how you are feeling at the moment.

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List three things that you need, feel grateful for and that make you feel proud.

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What things do you do, that help how you feel? How might you do more of those things at this time?

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CHAPTER 2

MOT

2.2 – Know Your Worth

How would you describe your self-esteem at the moment?

Can you identify the circumstances and relationships that have formed the view that you have of yourself?

What circumstances and relationships help nurture your self-esteem? How might you invest more in those circumstances and relationships as you mother?

2.3 – Where do you want to be?

When it comes to how you feel, what would you like more or less of? For example, more rest, less anxiety.

CHAPTER 2

MOT

What do you think you need to help you achieve that goal?

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Who in your life can gently keep you on track, as you work on these things?

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