



30-Day Self-Care Journal for Parents

A gentle space for healing + a bright space for hope

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By using this journal, you acknowledge that you are responsible for your own well-being, decisions, and actions.

This journal is a supportive tool and is not a substitute for professional care.

Our Story

My journey into life coaching didn't begin in a classroom — it began the day my son was born.

My son was born with Apert syndrome, a rare craniofacial condition that affects how the skull, face, hands, and feet develop. In an instant, life changed. What I thought motherhood would look like shifted into something unknown, overwhelming, and, at times, deeply isolating.

Along the way, I learned something powerful.

Not everyone stays.

Some friendships faded. Some people didn't understand. Some simply couldn't walk this path with us.

But the ones who did... became everything.

The real ones stayed.

And many others — strangers at first — became family.

Through every challenge, every appointment, every moment of uncertainty, I discovered strength I didn't know I had. I also discovered the importance of support, connection, and having a safe space to feel it all — the grief, the fear, the love, and the joy.

That is why this journal exists.

This space was created for you — the parent navigating a journey you didn't expect, but are showing up for every single day. Here, you can be honest. You can reflect. You can grieve. You can celebrate.

Most importantly, you can remember:

You are not alone.

Your story matters.

And even on the hardest days... you are doing an incredible job.

Reflection Prompts

- What part of this story resonates most with you?
- What has your journey as a parent looked like so far?
- Who are the people that stayed and supported you?
- What strength have you discovered within yourself?
- What have you lost—and what have you gained?
- What does support look like for you right now?

Feelings Wheel

Happy	Loved	Grateful	Hopeful
Sad	Lonely	Tired	Overwhelmed
Angry	Frustrated	Anxious	Scared
Calm	Proud	Confused	Stressed

30-Day Journey Overview

Week 1: Grief & Processing

Week 2: Healing & Support

Week 3: Strength & Identity

Week 4: Joy & Hope

Day 1

Prompt: How are you feeling today?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 2

Prompt: What has been heavy on your heart?

[illegible]

Day 3

Prompt: What brought you joy today?

[illegible]

Day 4

Prompt: What are you grieving right now?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 5

Prompt: What is one small win today?

[illegible]

Day 6

Prompt: What do you need more of?

[illegible]

Day 7

Prompt: What gives you hope?

[illegible]

Day 8

Prompt: Write a message to yourself with compassion.

[illegible]

Day 9

Prompt: What support do you need right now?

[illegible]

Day 10

Prompt: What made you feel strong today?

[illegible]

Day 11

Prompt: What is one thing you are proud of?

[illegible]

Day 12

Prompt: What drained your energy today?

[illegible]

Day 13

Prompt: What helped you get through today?

[illegible]

Day 14

Prompt: What would you tell another parent in your shoes?

[illegible]

Day 15

Prompt: How are you feeling today?

[illegible]

Day 16

Prompt: What has been heavy on your heart?

[illegible]

Day 17

Prompt: What brought you joy today?

[illegible]

Day 18

Prompt: What are you grieving right now?

[illegible]

Day 19

Prompt: What is one small win today?

[illegible]

Day 20

Prompt: What do you need more of?

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Day 21

Prompt: What gives you hope?

[illegible]

Day 22

Prompt: Write a message to yourself with compassion.

[illegible]

Day 23

Prompt: What support do you need right now?

[illegible]

Day 24

Prompt: What made you feel strong today?

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Day 25

Prompt: What is one thing you are proud of?

[illegible]

Day 26

Prompt: What drained your energy today?

[illegible]

Day 27

Prompt: What helped you get through today?

[illegible]

Day 28

Prompt: What would you tell another parent in your shoes?

[illegible]

Day 29

Prompt: How are you feeling today?

[illegible]

Day 30

Prompt: What has been heavy on your heart?

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