

10 Minutes for You

*This journal is designed for moms who do it all and
need a moment for themselves.
Each page offers warmth, reflection, and a chance to
reconnect.*

INTRODUCTION

Dear Mother,

You made it here. That alone is an act of courage.

This is not a journal about fixing yourself. This is a space for remembering who you are beneath the noise, exhaustion, and weight of doing it all alone.

Some days you will laugh. Others, you'll ache. And some days, the bravest thing you'll do is open this page.

Here, you are not asked to be strong. You are invited to be real. Angry, tired, grateful, broken, healing - whatever you are, it belongs here.

These pages will not judge you. They will witness you.

So breathe. You are not alone.

*With love,
A friend on the page.*



WHAT KEEPS ME GROUNDED

What helps me feel like myself:

Soothing rituals (music, tea, a favourite scent, kind words, etc.):

Moments with my child that bring peace:

WHAT KEEPS ME GROUNDED

What I want to remember when I doubt my strength:



A note to myself on the days I forget
("Pause. Breathe. You are not alone.):

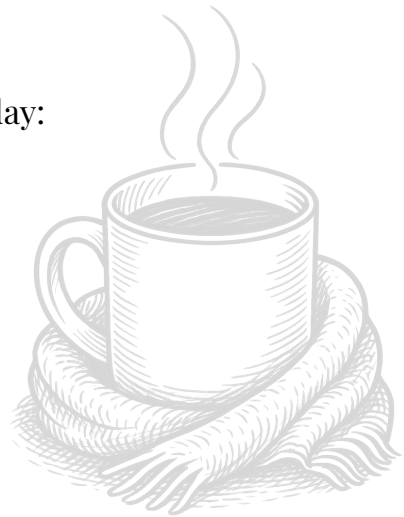
DAY 1

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:



DAY 1

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"This is temporary. Everything passes - and so will this."

DAY 2

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 2

A moment with my child I want to remember:



What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"Your heart knows the way."

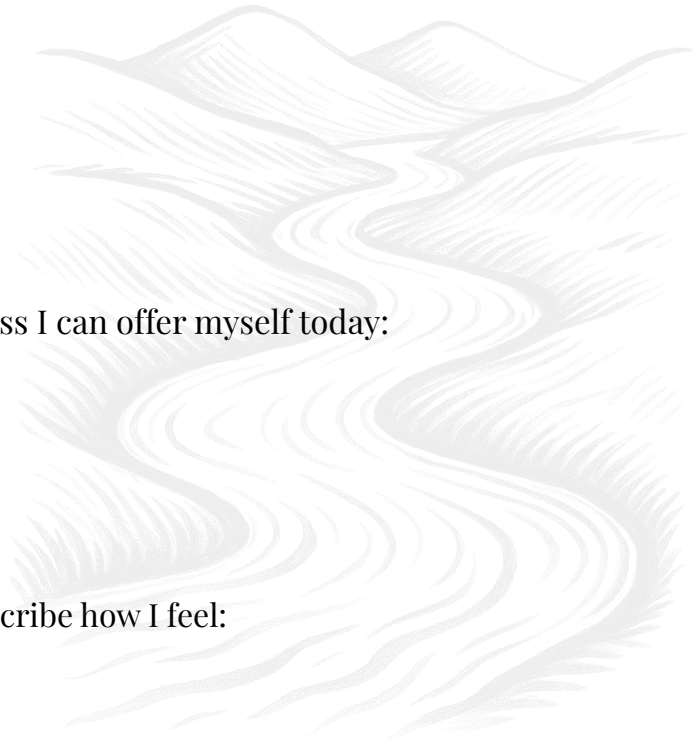
DAY 3

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:



DAY 3

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:
"You have every right to cry."

DAY 4

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 4

A moment with my child I want to remember:



What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"You are allowed to rest."

DAY 5

Today I...

A thought circling in my mind:



A small kindness I can offer myself today:

One word to describe how I feel:

DAY 5

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"Every small step is significant."

DAY 6

Today I...

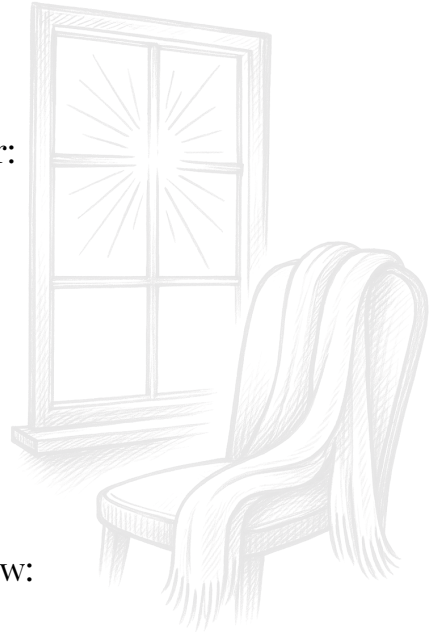
A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 6

A moment with my child I want to remember:



What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"You are enough, just as you are."

DAY 7

Today I...



A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 7

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"Every moment is a fresh start."

DAY 8

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 8

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:
"I'm glad you exist."



DAY 9

Today I...

A thought circling in my mind:



A small kindness I can offer myself today:

One word to describe how I feel:

DAY 9

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"You are not failing - you are learning."

DAY 10

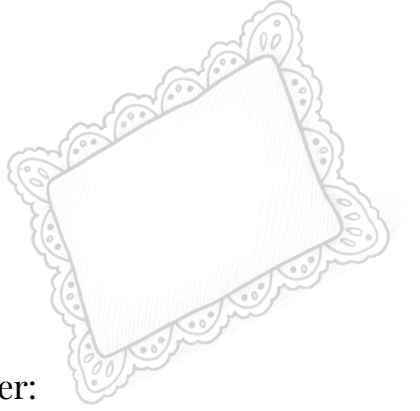
Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 10



A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"Your feelings hold weight."

DAY 11

Today I...

A thought circling in my mind:



A small kindness I can offer myself today:

One word to describe how I feel:

DAY 11

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:
"You deserve moments of peace."

DAY 12

Today I...

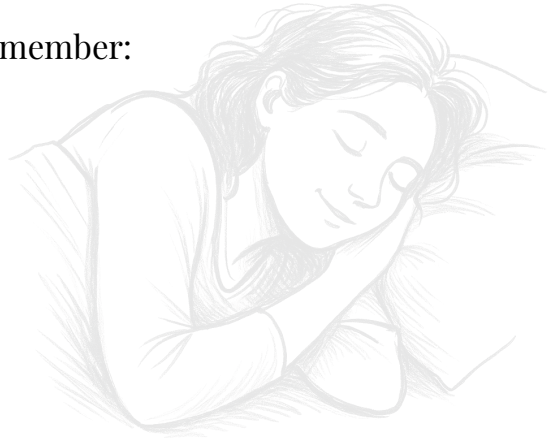
A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 12

A moment with my child I want to remember:



What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:
"Your rhythm is right for you."

DAY 13

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 13

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"Take care of yourself - you matter to the world."

DAY 14

Today I...

A thought circling in my mind:

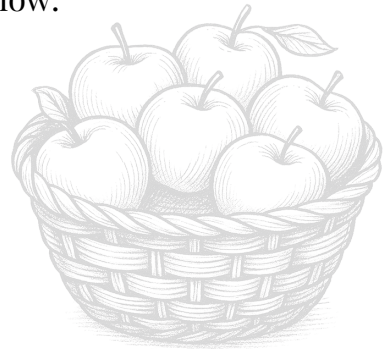
A small kindness I can offer myself today:

One word to describe how I feel:

DAY 14

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:



Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"You deserve unconditional love and acceptance."

DAY 15

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:



One word to describe how I feel:

DAY 15

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"You can hold space for both chaos and calm."

DAY 16

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

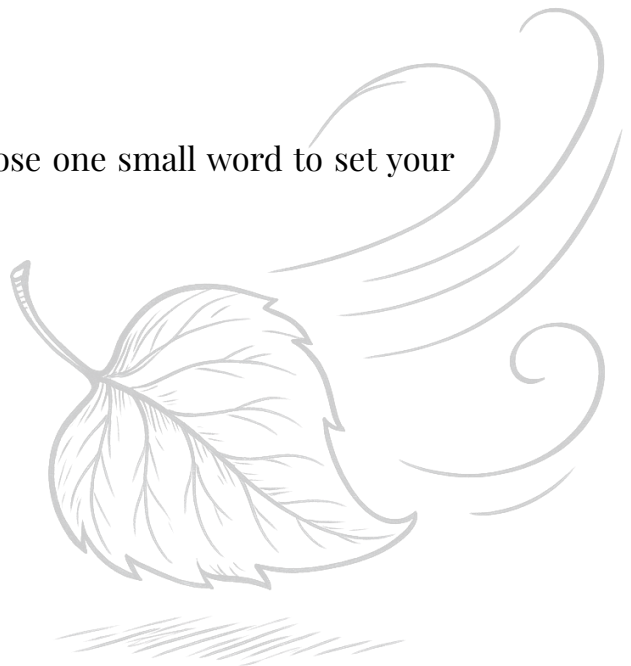
DAY 16

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:
"You can ask for help."



DAY 17

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 17

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"You're doing things at your own pace, in your own way - and that's enough."

DAY 18

Today I...

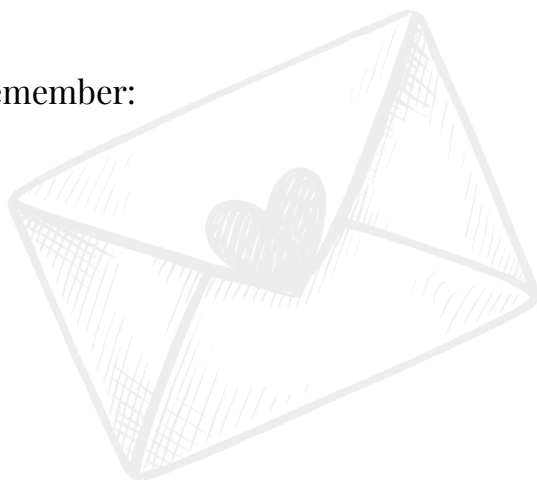
A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 18

A moment with my child I want to remember:



What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"Taking care of yourself is an act of love."

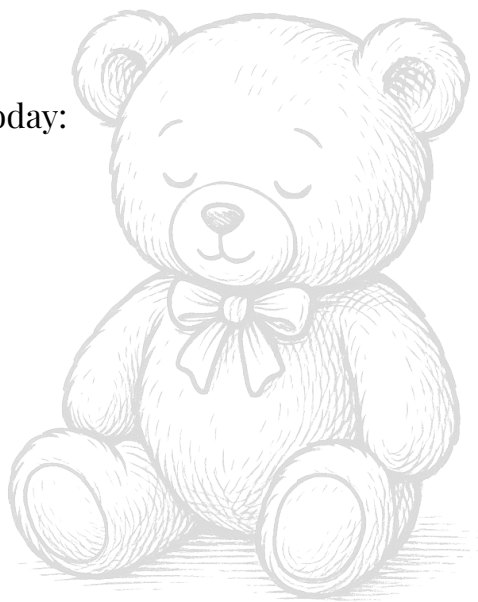
DAY 19

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:



DAY 19

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"It's important to notice when people say kind things about you."

DAY 20

Today I...

A thought circling in my mind:

A small kindness I can offer myself today:

One word to describe how I feel:

DAY 20

A moment with my child I want to remember:



What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"Give yourself time - things don't need to happen all at once."

DAY 21

Today I...

A thought circling in my mind:



A small kindness I can offer myself today:

One word to describe how I feel:

DAY 21

A moment with my child I want to remember:

What's feeling heavy in motherhood right now:

Take one deep breath and choose one small word to set your mood (e.g., pause, relax, let go):

Gentle reminder of the day:

"You are resilient."

LEARNING TO BREATHE AGAIN

Breathe: in for 3, hold for 3, out for 3

Name 5 things you see.

Release expectations. Rest.

Do one soft thing: sip water, stretch, be still.

Text or call someone: "Remind me I'm not alone?"

GENTLE NOTES TO MY HEART

Next Year, This Time...

GENTLE NOTES TO MY HEART

When Life Feels Too Much, and You Need a Gentle Pause...

GENTLE NOTES TO MY HEART

In the Quiet Years After Parenting...

GENTLE NOTES TO MY HEART

For the One They Don't See - But Who Still Stands...

GENTLE NOTES TO MY HEART

From me now, to the future me...



A LOOK FORWARD

*If you've reached this page, pause and take a breath.
You've shown up for yourself - again and again. And that matters
deeply.*

*You've offered yourself space, softness, reflection, and rest.
You've honoured your humanity.*

*There will be more messy days. But now you know the way back
to yourself.*

*You're doing beautifully - not because it's perfect, but because
it's real.*

*You are worthy of rest, love, and peace - today, tomorrow,
always.*

*With love and deep respect,
Madame Rutwah*



YOUR SPACE TO REFLECT

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