AIZE INNERWORK · A TWO-PAGE JOURNAL

Becoming
a journal for pregnancy and new motherhood

For the woman who is growing a life, or caring for a new one, and quietly wondering where she fits in it all.

There are no right answers here. Write a word, a sentence or a whole page. Come back to it in a week, or a month, and notice what has changed. Be as honest as you like. This is just for you.

PAGE ONE

Where I am today

Right now, my body feels...

Tired, strong, unfamiliar, sore, amazing. All of it counts.

Lately, my mind keeps going to...

Something I'm carrying that no one else sees...

One small thing I did well this week

Yes, getting through the day counts.

What I need more of, and who could help me with it...

PAGE TWO

The woman I'm becoming

Who I was before all of this, and what I want to keep...

Something I'm ready to let go of...

An expectation, a "should," a picture of how it was supposed to be.

The kind of mother I hope to be, in my own words

Not your mother's words, your in-laws' or the internet's. Yours.

A note to myself for the hard nights...

Today, I will be gentle with myself by...

If what you're carrying feels too heavy, you don't have to hold it alone. Reach out to someone you trust, your doctor or midwife, or a mental health professional. In a crisis, call or text 9-8-8.