



Mom's Nature Journal



Slow down.
Go outside.
Be together.

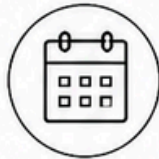




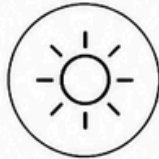
How to Use *This Journal*



This isn't a system to keep up with.
It's a tool to support you.



Start with the weekly page
to get a simple overview of your days.



Use the daily pages
when you need a little
structure or focus.



Turn to the nature and reflection pages
when you want to slow down and reset.



Let your kids join you in the doodle pages,
or use them as quiet creative time.



Some days you'll use every page.
Some days you won't open it at all.

That's okay.



This journal is here to
meet you where you are.

*One small moment
at a time.*

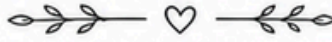




Our Month, Our Moments



LEARNING. GROWING. TOGETHER.



MONTH: _____

MONTHLY PRIORITIES

-  _____
-  _____
-  _____

IMPORTANT DATES

- _____
- _____
- _____
- _____
- _____
- _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NATURE PROMPT

What in nature inspires you most this month?



NOTES & REMINDERS






Our Week





GROWING MINDS & HEARTS TOGETHER


NATURE PROMPT




Take a moment
outside today.
What do you
notice?



WEEKLY PRIORITIES

 _____

 _____

 _____

 MONDAY 

 TUESDAY 


 WEDNESDAY 

 THURSDAY 

 FRIDAY 

 SATURDAY 

FAMILY ACTIVITY


Something fun
we will do together:

DOODLE CORNER



 SUNDAY 

Small steps. Big growth. Lots of love. 








Mom's Daily Plan



One day at a time, together.

DATE: _____

TODAY'S PLAN

 MORNING	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
 AFTERNOON	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
 EVENING	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

TOP PRIORITIES

- ① _____
- ② _____
- ③ _____

FAMILY ACTIVITY

Fun idea for today:

NATURE PROMPT

Take a moment outside.
What do you notice today?

DOODLE CORNER

Let your creativity grow!



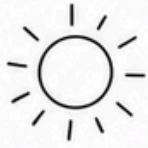
I'M GRATEFUL FOR

- ♥ _____
- ♥ _____
- ♥ _____

HIGHLIGHT OF THE DAY

You are doing an amazing job, Mama.
Small moments. Big impact.





Nature Journal ♡




Take a moment to step outside.

What in nature catches your attention today? 🌿

What did you notice? 🌿



How did it feel? ♡



Sketch or Doodle What You Saw ♡



One thing I'm grateful for in this moment: 🌿



≡ Doodle + Create ≡





Thank You



Thank you for inviting this journal
into your days.



I hope it brings a little more calm
to your routine, a little more connection
to your family, and a few quiet
moments just for you.



You don't have to do everything.
You don't have to do it perfectly.

*The small moments matter
more than you think.*



Take a breath.
Step outside.
Start again tomorrow.



*You're doing better
than you feel.* ♥





Motherhood can feel overwhelming,
but it doesn't have to stay that way.



This journal was created for moms
who want less chaos and more connection.

*Inside you'll find simple,
nature-inspired pages to help you:*

- 🌿 Plan your days with clarity
- 🌿 Slow down and be present
- 🌿 Create meaningful moments
- 🌿 Bring calm back into your routine



No pressure. No complicated systems.
Just a gentle rhythm for your days.

One moment at a time.

