



RESTORE & REFLECT

the busy mom's
journal prompts





INTRO

Hi, I'm Cassie, a dietitian and founder of Wellness That Fits, where I help busy moms overcome exhaustion with holistic nutrition, meal prep, and wellness routines—so they can be energized, productive, and fully present for what matters most.

ORIGIN STORY

This journal was born out of a simple need: to find clarity and focus in the chaos of everyday life as a mom. I created it for my first wellness retreat, where it became a tool for reflection and mindfulness. Since then, I've used it personally, and it's helped me stay grounded, thankful, and intentional—even on the busiest days.

MADE FOR YOUR BUSY LIFESTYLE

I designed this journal for moms like you who are juggling countless responsibilities and want a simple, effective way to restore your energy, reflect on memories, and set intentional and realistic goals.



BENEFITS OF JOURNALING

Journaling isn't just a habit; it's a proven way to improve mental clarity and emotional well-being. Research shows that:



Writing down gratitude reduces stress and boosts positivity by helping you focus on what's going well.

Choosing three daily goals increases focus and productivity by breaking the day into manageable steps.



Recording memories sharpens your mind and helps combat brain fog by giving you a space to capture meaningful moments.

The best part is that it takes just a few minutes a day—but can have a lasting impact on how you feel and show up for your family.



DAY

DATE

HRS SLEPT

WHAT ENERGIZED ME TODAY?

DAILY RECAP

(WHAT HAPPENED TODAY?)

WHAT EXHAUSTED ME TODAY?

WHAT AM I THANKFUL FOR?

WHAT MEMORY DO I HAVE OF MY CHILD(REN)?

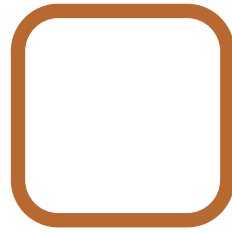
TOP 3 GOALS

1

2

3

HABIT TRACKER





HOW TO USE THIS JOURNAL

This journal is intentionally simple, so it's easy to fit into your busy life. Start your day by reflecting on yesterday. Or, end your day by reflecting on what happened today. I personally make this journal part of my nighttime routine so that I am reflecting on what happened today.

Here's how to make it work for you:

DAY	DATE	HRS SLEPT
WHAT ENERGIZED ME TODAY?		DAILY RECAP (WHAT HAPPENED TODAY?)
WHAT EXHAUSTED ME TODAY?		
WHAT AM I THANKFUL FOR?		
3	Celebrate gratitude. Write down at least one thing you're thankful for—this small habit can shift your mindset in powerful ways.	
WHAT MEMORY DO I HAVE OF MY CHILD(REN)?		
4	Write down a memory you have of each of your children. It doesn't need to be a monumental milestone. It can be something as simple as "snuggles on the couch this morning." This helps you remember the big and small things.	
TOP 3 GOALS		
# 1	5	Set three goals for tomorrow. These don't have to be monumental—just three things that will help you feel accomplished by the end of the day.
# 2		
# 3		
6	HABIT TRACKER Keep track of any habit you are working on in the Habit Tracker	

1

Capture the highlights in the "Daily Recap" section and bullet point what stood out most.

2

Fill in the "hours slept" section (from the night before if you want this to be a part of your nightly routine) and the "What really energized me?" and "What really exhausted me?" prompts. This helps you notice patterns that impact your energy.

7

Review weekly. Use your entries to spot trends, celebrate wins, and adjust what isn't working.

Give yourself permission to use it however it fits your life, whether that's a quick five-minute reflection or a deeper dive into your thoughts.