



LOVE  
*creates*  
LOVE

*A New Mom Journal*  
by Caridad Saenz



# A New Mom Journal

by Caridad Saenz





*I trust my  
maternal  
intuition*

*A New Mom Journal*



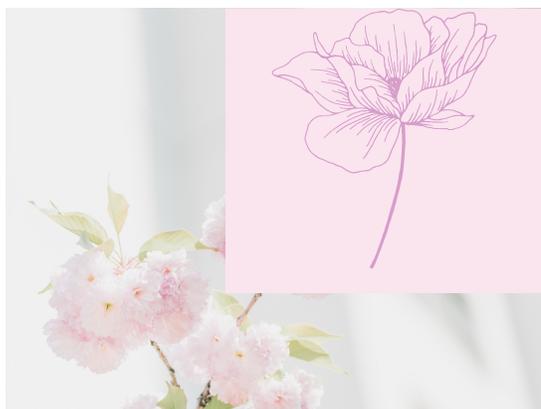
list what you love  
about each of your  
children



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how has motherhood changed you?  
any new qualities you admire?



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*I am the best mother  
for my children ;  
I was born to be  
their mother*

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list 10 things that  
make you feel loved



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list 10 things you  
love doing for your  
family

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*I will be  
kind to  
myself*

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what is the most important place  
in your house to keep clear?

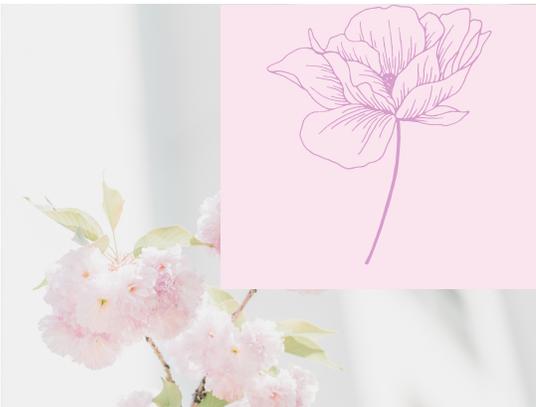
Have one space for you that you  
can sit, breathe, and relax in



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how has your relationship with  
your partner changed since  
becoming a mom?



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*Being a mother  
makes me feel  
beautiful*

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*what does me-time mean to you?*

*Do you make it a priority?*



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*I am a blessing  
to my children*

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*name a thing you love  
about this time of your  
life*



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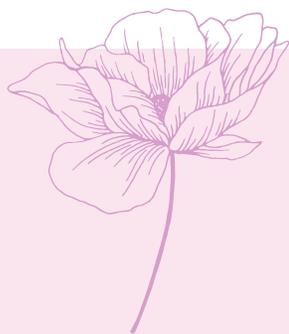
*Being a mother  
has made me  
strong*

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are you asking for help? are you  
communicating what you need?

Who else can you reach out to for help?

Commit to open lines of communication.



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*I deserve  
to relax*



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what was the last thing that made  
you laugh?



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*i feel most relaxed when ...*



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