



# Between Worlds Journal

**Prompts for keeping, releasing and rebuilding.**

Use these prompts weekly or monthly to notice what is changing in your motherhood journey.

## What I am keeping

<b>A value I am proud to carry forward:</b>
<b>A family tradition I want to protect:</b>
<b>A lesson from my elders I still need:</b>

## What I am releasing

<b>A pressure I no longer want to parent from:</b>
<b>A fear that has been shaping my choices:</b>
<b>A rule that needs compassion or context:</b>

## What I am rebuilding

<b>The kind of home I am creating:</b>
<b>The support I need around me:</b>
<b>The mother I am becoming:</b>

Use this privately, or bring it into a Raising Between Worlds circle for shared reflection.