



Motherhood Check-In

A monthly reflection for support, capacity and care.

This check-in helps you notice what you need before exhaustion becomes your only signal.

My capacity

This month my energy feels:

The thing taking the most from me is:

The thing giving me life is:

My support

Who has checked in on me?

Who can I ask for practical help?

Where do I need more village?

My next month

One thing I will say no to:

One thing I will make space for:

One way I will care for myself:

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