

# Journaling

## Guided Journaling Prompts for Mother's Day

### Reflective Section:

1. Describe your mom or someone who takes care of you. What are three things you love most about them?
2. Think of a special memory you have with your mom. What did you do, and how did it make you feel?
3. Why do you think it's important to celebrate mothers or caregivers? How do they impact your life?

### Personal Application Section:

1. Make a list of ways you can show your mom or caregiver that you appreciate them. What are three things you can do today to show your gratitude?
2. Write about a time your mom helped you when you were sad or had a problem. How did her help make a difference for you?
3. What are some qualities you admire in your mom? How can you show these qualities in your life?

### Prayer Section:

1. Write a short prayer, asking for ways to be more helpful and caring towards your mom.
2. Pray for your mom's needs and happiness. What are some good things you wish for her?
3. Thank God for the special people in your life who love and care for you. List a few things you are grateful for about them.

### Connecting to Daily Life:

1. How can you make every day feel like Mother's Day for your mom or caregiver?
2. How do you think understanding and appreciating your mom's efforts can change your relationship with her?
3. Think of one new thing you learned today about showing appreciation. How will you apply it the next time you see your mom?