



Reset & Reclaim

ONE MONTH OF JOURNAL PROMPTS FOR THE OVERWHELMED MOM

A simple tool to help you
reconnect with your mind, body,
and mood—one day at a time.

These 31 journal prompts were created for busy, burnt-out women who are ready to feel more grounded, clear-headed, and in control again. Whether you're a mom, a nurse, or simply overwhelmed by life's demands, these prompts will help you:

- Reduce mental clutter
- Support emotional regulation
- Tune into your body's needs
- Improve your mindset

Take 5-10 minutes each day. No rules. Just reflection, honesty, and space to come back home to yourself.

Week 1: Calm the Chaos

1. What's one thing weighing on your mind that you need to release today?

2. What makes you feel safe and grounded?

3. What's one thing you can say "no" to this week without guilt?

Week 1: Calm the Chaos

4. What physical sensations tell you when you're feeling anxious?

5. Where do you feel the most overwhelmed lately?

6. If your body could talk, what would it ask for today?

Week 1: Calm the Chaos

7. What are 3 things that went right this week?

Any other thoughts/reflections on this past week?

Week 2: Boost Your Mood

8. What instantly makes you feel better (no matter how small)?

9. Describe a time you felt truly energized and alive.

Week 2: Boost Your Mood

10. What thoughts make you feel the most drained? Can you reframe them?

11. Write down 10 things you're grateful for in this season.

Week 2: Boost Your Mood

12. What's one boundary you could set to protect your peace?

13. What does joy look like right now?

Week 2: Boost Your Mood

14. What's something you've been holding in that you need to get out?

Any other thoughts/reflections on this past week?

Week 3: Reconnect With Yourself

15. How have you changed in the last year (mentally or emotionally)?

16. What's one thing you miss about yourself that you want to bring back?

Week 3: Reconnect With Yourself

17. What do you need more of in your life?

18. What do you need less of?

Week 3: Reconnect With Yourself

19. What does feeling "like yourself" mean to you?

20. What parts of your routine are serving you—and which aren't?

Week 3: Reconnect With Yourself

21. What do you wish others knew about how you're really doing?

Any other thoughts/reflections from this past week?

Week 4: Ground + Grow

22. What does your ideal day feel like?

23. What habits make you feel your best?

Week 4: Ground + Grow

24. When do you feel most confident?

25. What does success mean to you right now?

Week 4: Ground + Grow

26. What story have you been telling yourself that no longer serves you?

27. What are 3 things you can celebrate about yourself today?

Week 4: Ground + Grow

28. What's one step you can take toward feeling more balanced?

Any other thoughts/reflections from this past week?

Final 3 Bonus Prompts

29. Write a letter to the version of you who feels burnt out.

Final 3 Bonus Prompts

30. What are you most proud of yourself for right now?

Final 3 Bonus Prompts

31. What does "reset" mean to you today—and what will you do to start?

You don't have to fix everything in one day. But you can start with one page. One breath. One moment of reflection. You deserve to feel good again.

A handwritten signature in blue ink that reads "Kim Wicker". The "K" and "W" are capitalized and have decorative loops. A yellow heart outline is positioned to the left of the "K", and a yellow swoosh or underline is positioned to the right of the "W".

-Wife, Boy Mom, ER RN, Wellness Advocate

www.scrubsandmotherhood.blog
IG @scrubs_and_motherhood