

Minimalism
and
Motherhood

Mindfulness
Journal Questions
For New Moms

@NotSoMotherlyInstincts

Minimalism and Motherhood

Are you overwhelmed by your belongings and the amount of attention/upkeep they require?

Do you receive items that you don't love, but take them anyways?

Do you think you and your family would benefit from a minimalistic mindset?

What's holding you back?
