

*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?

---

---

---