

Mothers' Day Reflection

from Muddy's Bake Shop // Kat Gordon

Use this reflection as a journaling prompt, writing a letter, or even a real conversation with a "Mom" in your life. No pressure to use them all, just pick the ones that resonate the most or you feel are most relevant to you.

Remember that "moms" come in many forms... maybe she is an aunt, a teacher who really took an interest, a mentor, a grandmother, stepmother, or friend.

If your "mom" is no longer with you or unavailable, I encourage you to write her a letter or have a pretend "conversation" with her while walking or while sitting in a peaceful place.

I hope you find this a meaningful activity! xoxxo, Kat

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I always think of my mom when I see/hear/smell:

Mom taught me that:

I'm so grateful to my mom for:

My mom showed courage when she:

I've always admired her for:

I had so much fun with her when we:

When Mom was my age, what was she like?

What music did she love?

What challenges did she face?

What did she like best about herself?

If I were with her right now, I'd tell her: