



Mama's
Heart
Journal

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IntentionalinLife.com.**

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Mama's Heart Journal

INTRODUCTION

The Mama's Heart Journal is a personal keepsake created to help you capture your special moments, thoughts, and prayers.

Inside, you'll find encouraging Scripture verses, hand-picked inspirational quote art prints, and guided journaling pages to record life's precious details, daily victories, and the struggles that touch your mama heart.

My prayer is that this journal becomes a safe space for you to pour out your heart, grow in your faith and prayer life, and embrace the beautiful journey of motherhood with intention and peace.



*The name of the Lord is
a strong tower; the righteous man
runs into it and is safe. ~ Proverbs 18:10*

The background is a repeating watercolor floral pattern. It features various flowers in shades of pink, purple, blue, and yellow, along with green leaves and brown stems. The flowers are scattered across the white background, creating a delicate and artistic look.

Journaling Pages

Week of _____



Special Memories



Write down 1-2 sentences each day of a special moment that you want to always remember.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Write down what you are thankful for this week.



Scripture Cards
&
Prayer List

Scripture Cards

But seek first the kingdom of
God and his righteousness,
and all these things will be
added to you..

- Matthew 6:33



..casting all your anxieties
on Him,
because He cares for
You.

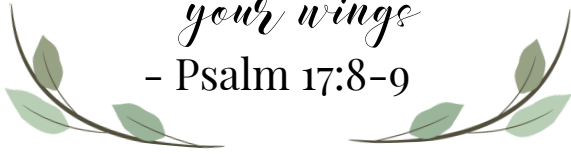


- 1 Corinthians 13:13

Keep me as
the apple of your eye;
hide me in the shadow of

your wings

- Psalm 17:8-9



So Jesus said to the Jews who had
believed him, "If you abide in my
word, you are truly my disciples,
and you will know the truth, and
the truth will set you free.

- John 8: 31-32

And let us not grow weary of
doing good, for in
due season we will reap,
if we do not give up.

- Galatians 6:9



It is the Lord who goes before
you. He will be with you;
He will not leave you
or forsake you.



Do not fear or be dismayed.

- Deuteronomy 31:8

For I know the plans I have for
you, declares the Lord, plans
for welfare and not for evil,
to give you a future and a hope.

- Jeremiah 29:11



for God gave us a spirit
not of fear but of power
and love

and self-control.



- 2 Timothy 1:7

Prayer List



Family Members

Friends

Others

Prayer List



Empty prayer list box with a yellow header bar.

Empty prayer list box with an orange header bar.

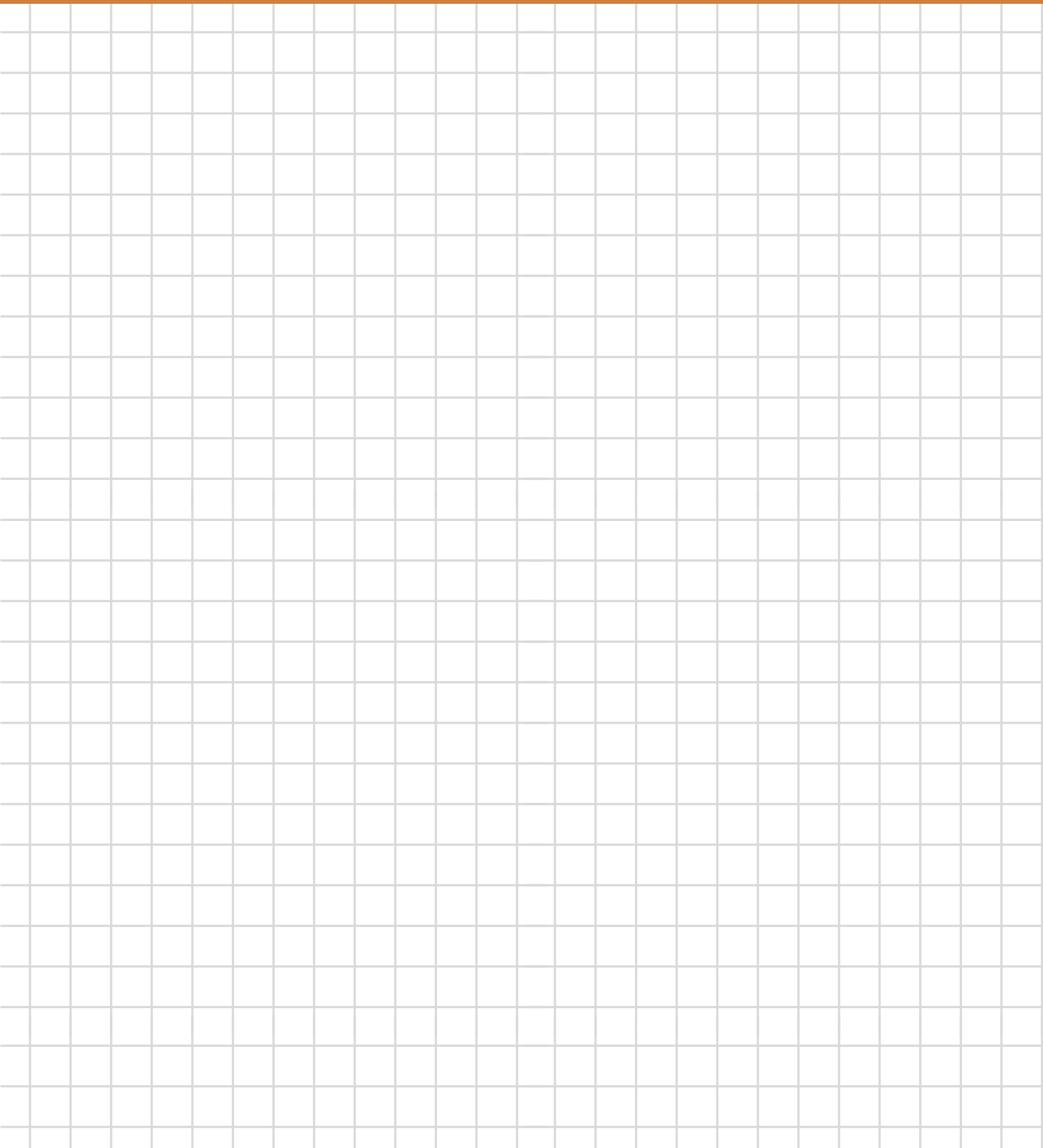
Empty prayer list box with a light green header bar.


Areas to Pray for...



Note Pages

Notes



The background is a repeating pattern of watercolor-style flowers and foliage. It includes large pink and purple roses, smaller blue and purple flowers, and clusters of tiny pink blossoms on thin stems. The colors are soft and blended, typical of watercolor art.

*Inspirational Quotes
for Parents
Print Arts*

The indwelling of Christ is a
thought particularly fit
for the children,
**because their large faith does not
stumble at the mystery,**
their imagination leaps
readily to the marvel,
**that the King Himself should
inhabit a little child's heart.**

Charlotte Mason

**"CHILDREN LEARN
FROM ANYTHING AND
EVERYTHING**

They See.

**THEY LEARN WHEREVER THEY ARE
NOT JUST IN SPECIAL
LEARNING PLACES."**

John Holt





*"Education is not the
filling of a pail, but
the lighting of a fire"*

William Butler Yeats



Let children feed

on the good,
the excellent, the
great.

- Susan Schaeffer
Macaulay



**“I always wanted to be a hero-to
sacrifice my life in a big way one time**

*-and yet, God has required my
sacrifice to be thousands of days,
over many years, with one more kiss,*

one more story,
one more meal.

-Sally Clarkson





Monthly Calendar
&
Simplified Weekly
Schedule

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

Simplified Weekly Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES

PRIORITIES

Intentional in Life

Rooted in Faith  *Growing in Purpose*

Join a growing community of moms striving to live more intentionally.

Sign up to connect with other moms, share encouragement, and get early access to practical tips, faith-filled inspiration, and ideas for bringing hands-on learning into your home.



At the **Homeschool Planning Mama** Community we share ideas, tips, and resources for all things homeschool planning and organization. Join us!



At the Imperfect Moms Seeking to be Intentional with God group we share about...Real Life, Biblically Based Encouragement for Growing in Your Christian Faith, Marriage, Parenting, or Homeschool! Equipping you to Embrace the Imperfect and Radiate Christ ❤️

Join us here.

