

A Little Room for Me

A four-week journal for the life you have right now

Meals, movement, rest, and the people who make room for you.

Start with the day you have.

I gained 40 pounds during pregnancy and later lost weight without going to the gym, taking a GLP-1 medication, or doing Pilates. That is one part of my story. This journal is for a different question: what would taking care of yourself look like on an ordinary Tuesday?

Open to any week. Each chapter pairs something to try with a sample entry and seven prompts. Type in the boxes or print the pages. A sentence counts. Leave a day blank if life gets full.

If you are recovering from a C-section or a complicated birth, ask your maternity clinician when to begin or increase activity. Choose rest or write about support on any movement day.

Before you begin

One part of my day I would love to make easier is …



Make lunch easier

Start with the meal that keeps getting squeezed out. If lunch is the hard one, put two things you can turn into lunch next to each other. Write down the combination so you can find it again when you are hungry.

Lemon white-bean toast

For two toasts, mash half a cup of drained white beans with a teaspoon of olive oil, a squeeze of lemon and a spoonful of water. Toast two slices of bread. Spread on the beans, add a handful of arugula and finish with black pepper. Add more food to suit your appetite.

SAMPLE JOURNAL ENTRY

I kept planning elaborate dinners while lunch kept catching me by surprise. Today I wrote “beans + toast” on the grocery list. That is a lunch I can picture making.

Make lunch easier

DAY 1

Which meal caught you unprepared this week?

DAY 2

What ingredients are already close to becoming a meal?

DAY 3

Write one grocery pairing you can remember without a list.

DAY 4

Which part could someone else wash, slice, or put away?

Make lunch easier

DAY 5

What tasted good enough to repeat?

DAY 6

What could you eat on the day the groceries arrive late?

DAY 7

What will you stock again, and what will you skip?



Find your own pace

Pick a starting point that matches your day and your recovery. If movement is appropriate for you, choose an easy route with a convenient place to turn around. If you need rest, ask someone to cover a task and use that time to sit.

The front-door decision

Before you head out, ask: How do I feel? Where can I turn back? What can wait until tomorrow? A few comfortable minutes may be plenty. After a C-section, follow the activity advice your clinician gives you.

SAMPLE JOURNAL ENTRY

I liked the idea of a long walk more than I liked the idea of getting home tired. The bench near the corner was a good place to turn around. Next time I might bring a friend.

Find your own pace

DAY 8

What kind of movement or rest feels welcome today?

DAY 9

Where is an easy place to pause or turn around?

DAY 10

What question about recovery belongs with my clinician?

DAY 11

Who could take one task off my hands?

Find your own pace

DAY 12

What did I notice outside, or from my window?

DAY 13

What would make tomorrow’s choice easier?

DAY 14

What pace would I gladly choose again?



Protect a little quiet

Choose a transition you already have: putting away lunch, closing the laptop, or washing your face. Set down the phone for its duration. Notice whether you want quiet, company, prayer, or simply a moment without another decision.

A two-line evening entry

Finish these sentences: “Something that took more from me than I expected was …” and “Something I would welcome tomorrow is …” If prayer is part of your evening, use your own words to ask for what you need.

SAMPLE JOURNAL ENTRY

I put the mug back in the cabinet and stood there a moment. I did not need another productivity trick. I wanted someone to ask how my afternoon went. I sent my sister a voice note.

Protect a little quiet

DAY 15

When did you last have a moment to yourself?

DAY 16

What thought followed you into the evening?

DAY 17

What did you enjoy without having to earn it?

DAY 18

Write a one-sentence prayer or hope for tomorrow.

Protect a little quiet

DAY 19

Whose voice would you like to hear?

DAY 20

Which small interruption can wait until later?

DAY 21

What is worth protecting next week?



Keep what fits

Look back over the pages and circle one thing you actually used. Think about the conditions that made it possible. A meal may have worked because the ingredients were visible. A walk may have felt doable because someone else handled cleanup.

Plan for a hard Thursday

Choose one thing to repeat and write two versions. For lunch, the ordinary version might be toast with beans and greens. The busy version could be last night’s leftovers. Put both where the decision happens.

SAMPLE JOURNAL ENTRY

The meal plan on my fridge was too ambitious. The spare lunch I kept in the freezer actually helped. I am putting that on next week’s list and leaving Friday open.

Keep what fits

DAY 22

What did you repeat without a reminder?

DAY 23

Who or what helped make that possible?

DAY 24

Which expectation would you happily drop?

DAY 25

Write the busy-day version of one habit.

Keep what fits

DAY 26

How will you ask for the help you need?

DAY 27

What change would matter even if nobody noticed it?

DAY 28

Finish this line: Next month I am making room for …

A note to next-month me

Name one thing you learned about yourself and one practical kindness you want to carry into the next month.

Further reading

ACOG / Exercise After Pregnancy

NHS / Keeping fit and healthy with a baby

Elen Inspire / Motherhood

An original Elen Inspire journal. Visuals are newly generated editorial illustrations in a photographic style. Sample entries are fictional examples for readers.