

JUST MOM & ME

A MOTHER - SON JOURNAL

ONE · FAM

www.onefam.com

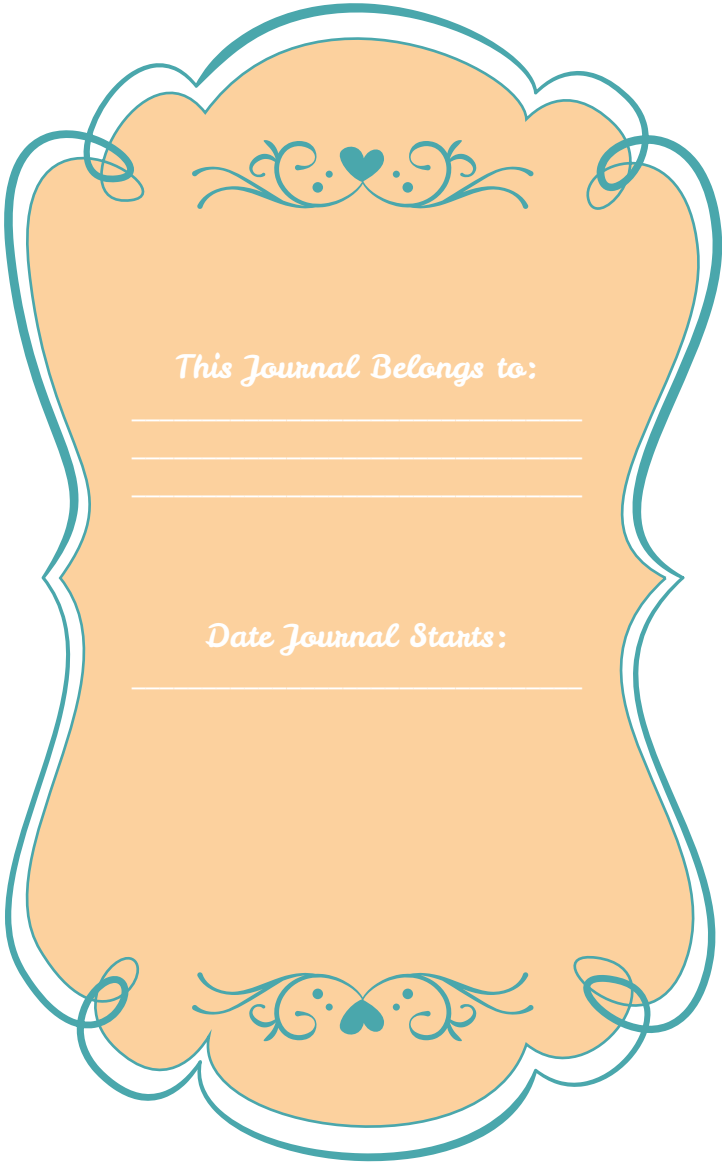
Your Family Story

Founded in 2016, OneFam is the easy way to discover, preserve and relive your family history anywhere anytime. OneFam aims to make family history available to as many families as possible. Our suite of products include Journals, Family Tree Software (web, mobile and desktop), Ancestry DNA Testing and Family History Research. Connect, share and protect your family history for generations to come.

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ONE • FAM

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This Journal Belongs to:

Date Journal Starts:

A Mother's Perspective

Have I ever told how much I love watching you play with your friends? Soccer in the front yard; movies on the couch; that competitive fire on the field; the playful silliness of little boys.

I smile and giggle inside each time I watch you “hanging” with the boys, developing into the young man I know you will become.

I melt with joy when I see you choose what is right and display to others the values and morals I hope I have instilled in you through my words and actions.

I love that you still ask me to snuggle with you at bedtime. Whether we are reading your latest book or doing cross word puzzles or talking, this is my favorite time of day! These times have given me some of the best insight into who you will become...your dreams, your likes and dislikes, your friends and even those that are only “so called friends”.

I also am very aware that before I know it, the day will come when you no longer want to snuggle with me. You will be too grown to have mommy read you stories and give you hugs. But, until then, I enjoy every minute!!

My fear is that those conversations filled with information about your day other than “fine” and “nothing” will end. The time we spend together sharing silly stories, pondering “why” and “how” the world is the way it is, will be replaced. The conversation will be reduced to eye-rolling, a shrugging of shoulders and maybe a negative tone of voice. You may even think that you don't need me anymore!

As long as you know that I am always here for you, I will have to come to terms with the growing up process. I cannot keep you

as my little boy, chasing the puppy around the yard, giddy with happiness, forever. I keep those memories locked away in my heart for safe keeping. But, the memories do not need to end as you grow. New ones will, of course, take shape and the conversations will change from soccer goals, video games and homework to college, girls, and the future.

In order to keep the conversation going now, I want to suggest we begin writing to one another in this journal. It may seem silly at first but I hope it will not only keep the conversation going but spark new ones. What if you want to ask me something about your new teenage body but feel embarrassed? Or about the girl who just asked you to the prom? Maybe you want to just tell me about your day and vent about school but don't really want me to answer you?

Our relationship has always been different than anyone else in the house. Tough love maybe; my fierce love and strong conviction towards you is bigger than me. I know that by being the best mother to you that I possibly can be, I am impacting more than just one small child, more than just one little boy trying to spread his wings; more than one unruly teenager. I am hard on you for the husband that you will become; for the employee and maybe employer that you will develop into and most importantly, for the father of children, ideas, and history that you will produce.

“Men are what their mothers made them.” ~ Ralph Waldo Emerson

I know that I am creating all of this with my words and actions and therefore, they mean so much more to me than just simple gibberish or meaningless activities.

This is why I want to keep the conversation going; to be your sounding board on paper; to share with you how my heart aches when you are hurting; to help you understand and always remember that you are not alone but yet have support and encouragement whenever you want or need it.

Journal Guidelines

First and foremost, the purpose of this shared journal is.....
HAVE FUN!!! Before we begin, let's set some guidelines for sharing.

- 1) This should be a memorable, fun and most importantly, stress free way of sharing. If you feel it is no longer FUN and you feel it's not of benefit, let's talk about it!
- 2) Be Yourself! I want you to share, laugh, be silly, serious, crazy, passionate or sad. Whatever makes you, YOU!
- 3) Judgement Free Zone. Consider this to be a safe place to share, ask, discuss, tell whatever it is that you are thinking or feeling. If you do not want to discuss it further, just make a little note that says "No Talk" somewhere on the page.
- 4) Who should be able to read it? If this is just between you and I, then let's leave it that way. No one else needs to read what we write.
- 5) How often should we write? This can be a spur of the moment or a routine.
- 6) Where? How will the other one know where to read the journal? Shall we pick a "reading" place where we will pick it up?
- 7) Does every entry require a response? Sometimes we may just want to vent, or share, without requiring a response. How should we let the other person know that there is no need to "say" anything?
- 8) Have fun!!! This one is so important that it just needed to be said again.

HAPPY WRITING!

*“Moms are as relentless
as the tides. They
just don’t drive us to
practice, they drive us to
greatness.”*

Steve Rushin

Mother Details

Name:

Nickname:

Birthday:

Star Sign:

Eye Color:

Hair Color:

Height:

Date: _____

Mother



Story Time

A story about when I was a little girl:

A series of horizontal dotted lines for writing a story.

Mother



Date: _____

5 Favorite Places & Why

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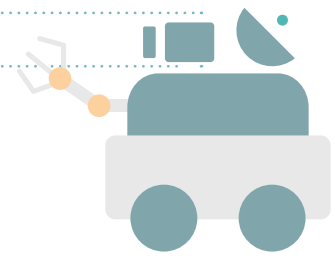
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Date: _____



★ Mother

My 5 Earliest Childhood Memories

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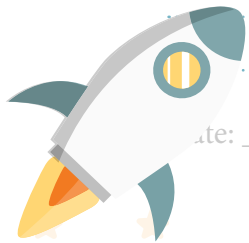
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Mother



My 5 Earliest Childhood Memories



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Date: _____





Insert Photo

*Find a photo from
your childhood.*



Date: _____



Insert Photo

*Find a photo from
your childhood.*



Date: _____

Things You Don't Know About Me

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10:

Date: _____

Mother



Things You Don't Know About Me

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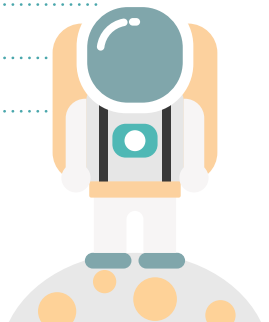
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Dreams & Goals

What I wanted to be growing up:

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Jobs I worked in and why:

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What I would like for my son in 5 years:

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ate: _____

Mother



Dreams & Goals



What I wanted to be growing up:

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Jobs I would like to have in the future:

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What I would like for my mother in 5 years:

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Date: _____



Dreams & Goals

Where I would like to be in 5 years:

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Where I would like to be in 10 years:

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Where I would like to be in 15 years:

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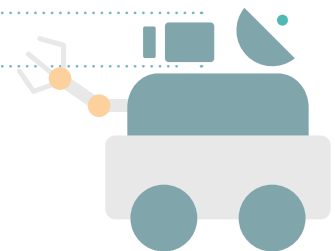
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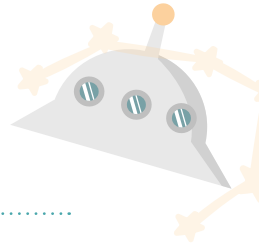
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Date: _____



★ Mother

Dreams & Goals



Where I would like to be in 5 years:

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Where I would like to be in 10 years:

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What I wish I had done 10 years ago:

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Date: _____

Drawing of Life in the Future

Draw a picture of the world in 100 years time.

Date: _____