



# Protect Your Peace, Mama

## ✨ How to Not Let Others Affect Your Happiness

Today's Date: \_\_\_\_\_

1. What affected your happiness today (big or small)?



2. How did you feel in that moment?



(Frustrated? Hurt? Overwhelmed?)



3. Was it really about you—or their own issues showing up?

☐ Yes, it was about me

☐ No, they were projecting

☐ I'm not sure — and that's okay

4. What's one thing you can control right now?



5. What is one loving thought you can tell yourself instead?



Example: "My peace matters more than their opinion."



6. What boundary can you gently set (or reinforce) today?

☐ Say "No" without guilt

☐ Let that message wait

☐ Unfollow/mute someone draining

☐ Other: \_\_\_\_\_

7. A moment today that made you feel safe, loved, or calm:



8. One small joy I choose for tomorrow (just for me):



(Hot coffee? 10 mins of quiet? A walk alone?)



*Mama, your peace is not selfish. It's sacred. ❤️  
Come back tomorrow. Let this page hold your heart.*



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