

MY DAILY
Journal

By Karla Haker

The Parent Journal

*A Year of Reflection &
Growth*

www.karlahaker.com.au



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A Gentle Year
You & Your Family



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Welcome

If you're holding this journal and feeling a little tired,
overwhelmed, unsure, or stretched thin.

I want you to pause for a moment and hear this clearly:

You are doing so well.

And more than that, you are doing enough.

Parenting doesn't come with neat milestones or tidy timelines.
Some days feel steady and connected. Other days feel loud,
messy, emotional, or heavy. All of it counts. All of it is part
of real life with children.

This Journal is not here to fix you, measure you, or add another
thing to your already full plate. It is here to support you gently.
To give you a quiet space to pause, notice, reflect, and breathe.
Some weeks, you might write a lot. Some weeks, you may skip pages.

That's okay.

You are allowed your own space.

You are allowed to rest.

You are allowed to begin again as many times as you need.

You and your child are growing together, one day at a time.

With warmth and reassurance

Karla Haker ♥

Founder, Little Readers Books

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How This Journal Works

Daily pages - Optional

Weekly reflection = grounding

Monthly reset = powerful

No perfection required



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Year at a glance.....

Word of the year

Your Intentions
