

I Got It From My Mama

Bonus Pages



"Where cycles break and love deepens—minus the therapist's bill"

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Thank you for downloading these bonus materials!



These pages are designed to deepen your mother-daughter journey with additional prompts, exercises, and reflections that complement your main journal.



*Bonus Section 1:
The Little Things That Mean Everything*

Everyday Moments That Built Our Bond

Sometimes the most meaningful parts of a relationship aren't the big milestone moments —they're the tiny, repeated rituals that create the fabric of connection.





Daughter's Memories

Morning routines I remember:

How she woke me up: _____

Breakfast rituals: _____

Her morning mood: _____

After school/work reunions:

The first thing she'd ask: _____

Snacks she'd have ready: _____

How I knew she was glad to see me: _____

Nighttime rituals:

Bedtime routine: _____

Things she'd say: _____

How she said goodnight: _____

Weekly traditions:

Sunday mornings looked like: _____

Shopping trips felt like: _____

Our special outing was: _____

The small gesture that always made me feel loved:



Mother's Memories

Morning moments with my daughter:

How I'd wake her: _____

Our morning routine: _____

What I loved about mornings: _____

Reunion moments:

When she'd come home from school/work: _____

How I knew her day was good or bad: _____

Our reconnection ritual: _____

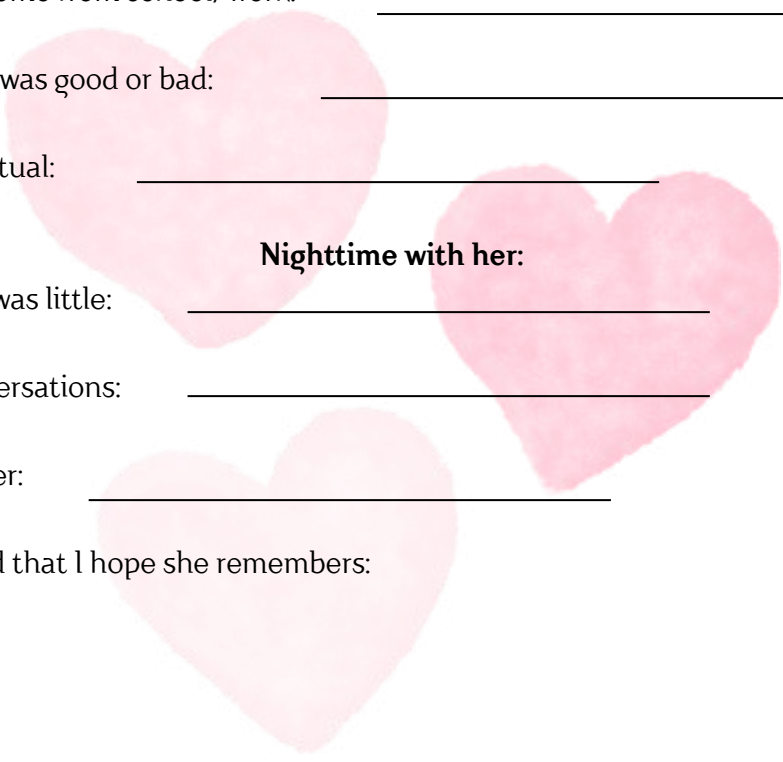
Nighttime with her:

Bedtime when she was little: _____

Our nighttime conversations: _____

How I'd check on her: _____

The small thing I did that I hope she remembers:



*Bonus Section 2:
The Language Of Us*

Every mother-daughter pair develops their own private language—words, phrases, and references that mean everything to you and nothing to anyone else.



Our Inside Jokes, Nicknames & Secret Languages



What my mother called me:

As a baby: _____

As a child: _____

As a teenager: _____

Now: _____

My favorite nickname: _____

The nickname I hated: _____



What I called my daughter:

As a baby: _____

As a child: _____

As a teenager: _____

Now: _____

The name that stuck: _____

Why I chose it: _____

Our Private Language

Phrases only we understand:

What it means: _____

Inside jokes that still make us laugh:

Bonus Section 3:
Sensory Memories

The Sights, Sounds, Smells & Tastes of Us

Memory lives in our senses. These prompts help you capture the sensory details that transport you right back.





Daughter's Sensory Map

My mother's signature scent:

Her perfume: _____

Her home smells like: _____

Her car smells like: _____

The smell that means "Mom": _____

Sounds that remind me of her:

Her laugh: _____

Her voice on the phone: _____

Her footsteps: _____

Music she played: _____

Sounds from her kitchen: _____

Visual memories:

Her hands look like: _____

Her morning appearance: _____

Her dressed up: _____

The way she moves: _____

Tastes of home:

The food she made best: _____

Comfort food she'd make when I was sick: _____

Special occasion food: _____

The taste that means home: _____

Textures:

Her hugs feel like: _____

Her favorite sweater felt like: _____

Her hands in mine: _____



Mother's Sensory Map

My daughter's changing scents:

As a baby: _____

As a child: _____

Now: _____

Sounds of her:

Her baby cry: _____

Her childhood laugh: _____

Her voice now: _____

Her on the phone: _____

Visual treasures:

Her baby face: _____

Her at age 5: _____

Her smile: _____

Her eyes: _____

The feel of her:

Holding her as a baby: _____

Her hand in mine: _____

Her hugs now: _____

*Bonus Section 4:
Letters We Wish We'd Sent*

Unsent Letters Across Time

*Sometimes we need to say things that feel too vulnerable, too late, or too complicated.
This is your safe space to write them.*





Daughter: Letters I Never Sent

When I was 10:

Dear Mom,

What I wanted to tell you then but couldn't:

When I was 16:

Dear Mom,

What I wish you'd understood about me:

When I left home:

Dear Mom,

What I was too scared to say:

When I became an adult:

Dear Mom,

What I finally understand now:

Now:

Dear Mom,

What my heart wants you to know:



Mother: Letters I Never Sent

When you were born:

Dear Daughter,

What I promised you silently:

When you were 5:

Dear Daughter,

What I wanted to protect you from:

When you were 13:

Dear Daughter,

What I wish I'd said instead of what I did:

When you left home:

Dear Daughter,

What I was too emotional to say:

Now:

Dear Daughter,

What I need you to know before it's too late:

*Bonus Section 5:
What We Got Right*

Celebrating the Good Stuff

It's easy to focus on what went wrong or what needs healing. This section honors what actually worked.





Daughter: Things My Mother Got Right

A time she protected me:

A time she believed in me:

A time she let me fail (and that was the right call):

A time she showed up exactly when I needed her:

Something she taught me that I use every day:

A sacrifice she made that I only recently understood:

The way she loved me that I hope to pass on:



Mother: Things I'm Proud Of

A time I set a boundary that protected our relationship:

A time I apologized and it mattered:

A time I let her be herself instead of who I wanted her to be:

A parenting moment I'm genuinely proud of:

A value I successfully passed on:

A time I broke a generational pattern:

Something I did better than my mother was able to:

Bonus Section 6:
If I Could Go Back

Redo, Reframe & Reimagine

This isn't about regret—it's about wisdom. What would you do differently if you could?





Daughter: What I'd Tell My Younger Self

During a conflict, I wish I'd known:

When I hurt her, I wish I'd:

When she hurt me, I wish I'd:

I would have asked her about:

I would have been more patient about:

I would have stood up for myself when:

I would have let go of:



Mother: What I'd Tell My Younger Mom-Self

In her first year, I wish I'd:

During the hard years, I wish I'd known:

When we fought, I wish I'd:

I would have worried less about:

I would have enjoyed more:

I would have asked for help with:

I would have told her more often:

Bonus Section 7:
The Hard Questions

Going Deeper (When You're Ready)

These questions are for when you're ready to go to the tender, vulnerable places. Take your time. You don't have to share these—unless you want to.





For Both of You



A hurt I've never fully expressed:

Something I'm still angry about:

Something I've forgiven but haven't forgotten:

A need I have that I've never voiced:

A fear I have about our relationship:

A dream I have for our relationship:

Something I've always wanted to ask you:

Something I've always wanted to tell you:

If I'm being completely honest:



For Both of You



A hurt I've never fully expressed:

Something I'm still angry about:

Something I've forgiven but haven't forgotten:

A need I have that I've never voiced:

A fear I have about our relationship:

A dream I have for our relationship:

Something I've always wanted to ask you:

Something I've always wanted to tell you:

If I'm being completely honest:

*Bonus Section 8:
Future Visioning*

The Relationship We're Creating

This section helps you imagine—and then create—the mother-daughter relationship you want moving forward.



In 1 Year, Our Relationship Will...



Daughter's vision:

We will communicate by:

We will see each other:

We will have:

I will feel:



Mother's vision:

We will communicate by:

We will see each other:

We will have:

I will feel:

In 5 Years, Our Relationship Will...



Daughter's vision:



Mother's vision:

Our Relationship Manifesto

Together, we commit to:

- Being honest, even when it's hard
- Listening without defensiveness
- Respecting boundaries
- Apologizing when we hurt each other
- Celebrating each other's growth
- Making time for connection
- Laughing together
- Being patient with the process
- Choosing love over being right
- Other: _____

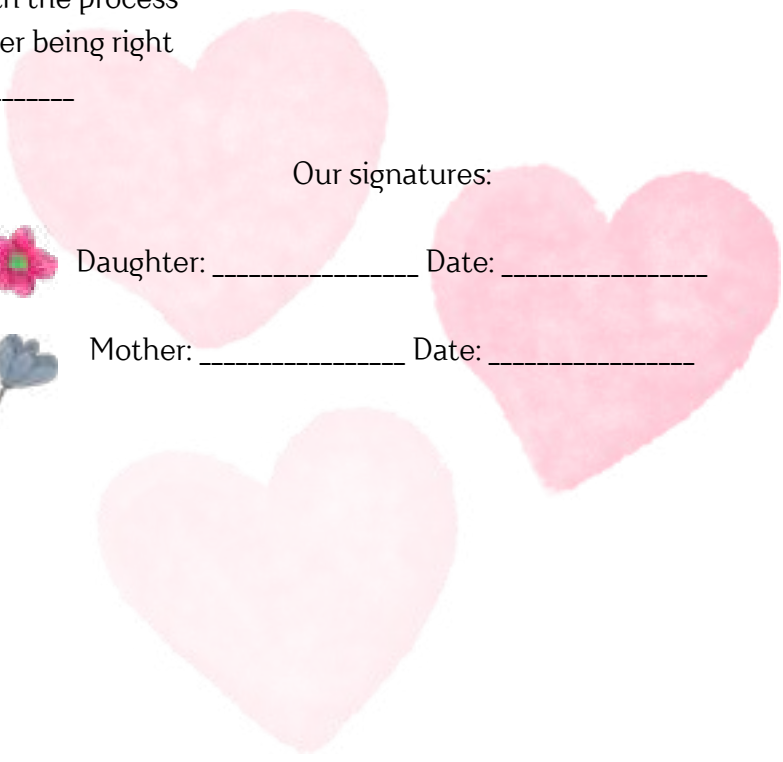
Our signatures:



Daughter: _____ Date: _____



Mother: _____ Date: _____



Bonus Section 9:
Conversation Starters

For When You Want to Talk But Don't Know Where to Start

Use these prompts during coffee dates, phone calls, or long car rides.



Light & Fun

"What's a memory you have of me that always makes you smile?"

"What's something silly I did as a child that you've never told me?"

"What's your earliest memory of me?"

"What's something we should do together that we've never done?"

"What song reminds you of me?"

Medium Depth

"What's something you wish you'd told me sooner?"

"What's a choice I made that surprised you?"

"When did you first see me as an adult?"

"What's something you worried about that never happened?"

"What's something about our relationship that you're grateful for?"

Deep Dives

"What's something you've learned from me?"

"What's a hurt between us that's ready to heal?"

"How can I support you better?"

"What do you need from me that you haven't asked for?"

"What do you want me to know before it's too late?"

Closing Note

Thank you for downloading these bonus pages.

Remember: There's no timeline for this work. You can complete these pages in a weekend or over many years. You can fill them out privately or share them openly. You can revisit them as your relationship evolves.

The goal isn't perfection—it's presence. It's pausing long enough to notice, name, and nurture the bond that connects you.

Your mother-daughter story matters. Every word you write here is an act of love, awareness, and transformation.

Keep going. Keep reflecting. Keep connecting.



Enjoying I Got It From My Mama?

If this journal has helped you start meaningful conversations, see old patterns more clearly, or simply feel closer to your mother or daughter—I'd love to hear about it.

A quick Amazon review (even just a sentence or two) helps other families find this book when they need it most.

Thank you for being here. Your story matters.

— Aeva



Your story continues.

The patterns you've noticed are already loosening. The awareness you've built is already creating change.

The legacy you're building—the one based on choice, not just inheritance—is already taking shape.

Keep going. Keep choosing. Keep creating the family story you want to live in.

You've unpacked the baggage. Now you get to decide what comes next.

With gratitude for your courage,

— Our Memories for Keeps

