

Introduction:

Hi, I'm Larysa, Happiness Archaeologist, and my mission in life is to help people Laugh more, Think more, and Love more! For Mother's Day, try filling out this worksheet of reasons your Love your Mom. The great thing is, you can start it even after mother's day, and then start hiding notes with the sentiments on them around the house for her to find throughout the year. Why should the love you share be restricted to one day of celebration! Let the joy expand!

Instructions:

Use this worksheet to pour out gratitude for your mother or someone special who you love and who has been a mother of some aspect of your life: a teacher, the mother of your knowledge, a friend, the mother of your happy times together etc. You might then enjoy giving it to that special mother as a gift or way to uplift her and show her what a difference she has made in your life.

Pro tip: After you've completed the list, consider writing each one on a sticky note, or even print this out, fill out each line, then cut each section separately and hide them around the house for her to find. Hide them around her room, in books you know she will open, cookbooks, checkbooks, in the cupboard, in her shoe, in the towel closet, in her glasses case, taped to the vacuum, where she keeps her toothbrush, under her pillow, on her steering wheel, drop one in her purse, in the medicine cabinet, in the silverware drawer, in her teacup, on the remote, on a flower bouquet, and think of all kinds of places she would love to find these notes of love and feel uplifted to take a moment and read them there. The great thing is, you can start the sticky note project even when you haven't yet completed your list, and then as you fill more in, you can hide those around the house, just using the corresponding numbers... she will just figure she hasn't found them all yet...



Wonderful ideas, notions, sentiments Mom has shared with me

- 1.
- 2.
- 3.
- 4.
- 5.

Wonderful service Mom has done for me

- 6.
- 7.
- 8.
- 9.
- 10.

Wonderful lessons Mom has taught me to help me in life

- 11.
- 12.
- 13.
- 14.
- 15.



Wonderful times Mom has helped me

16.

17.

18.

19.

20.

Wonderful traits I love about mom like her hair, perfume, cooking, listening etc

21.

22.

23.

24.

25.

Wonderful reasons Mom is beautiful to me

26.

27.

28.

29.

30.



Wonderful lessons Mom has taught me about Love

- 31.
- 32.
- 33.
- 34.
- 35.

Wonderful memories I have with Mom

- 36.
- 37.
- 38.
- 39.
- 40.

Wonderful activities I have done with Mom

- 41.
- 42.
- 43.
- 44.
- 45.



Wonderful ways I know Mom loves me

46.

47.

48.

49.

50.

Wonderful characteristics about myself that exist because of Mom

51.

52.

53.

54.

55.

Wonderful ways I am glad to be like Mom

56.

57.

58.

59.

60.



Wonderful ways Mom has improved my life

61.

62.

63.

64.

65.

Wonderful instances that made me closer to Mom

66.

67.

68.

69.

70.

Wonderful habits I have because of Mom

71.

72.

73.

74.

75.



Wonderful memories of Mom comforting me

76.

77.

78.

79.

80.

Wonderful memories of Mom supporting me

81.

82.

83.

84.

85.

Wonderful happenings I hope in the future to show Mom that she will be proud of

86.

87.

88.

89.

90.



What I imagine Mom loves about being a mother

- 91.
- 92.
- 93.
- 94.
- 95.

What I imagine to be Mom's favorite memories of motherhood

- 96.
- 97.
- 98.
- 99.
- 100.

Bonus: Wonderful ways I am a better person because of Mom

- 101.
- 102.
- 103.
- 104.
- 105.



Bonus: Wonderful Stories Mom has shared with me, ex about family, her own life, things I did as a child

106.

107.

108.

109.

110.

Wonderful Stories Mom has told from her own memories

111.

112.

113.

114.

115.

Wonderful activities I will have done with Mom someday in the future

116.

117.

118.

119.

120.

