

SOFT MOM, HARD LIFE.
SOFT LIFE.

Rest

Friendship

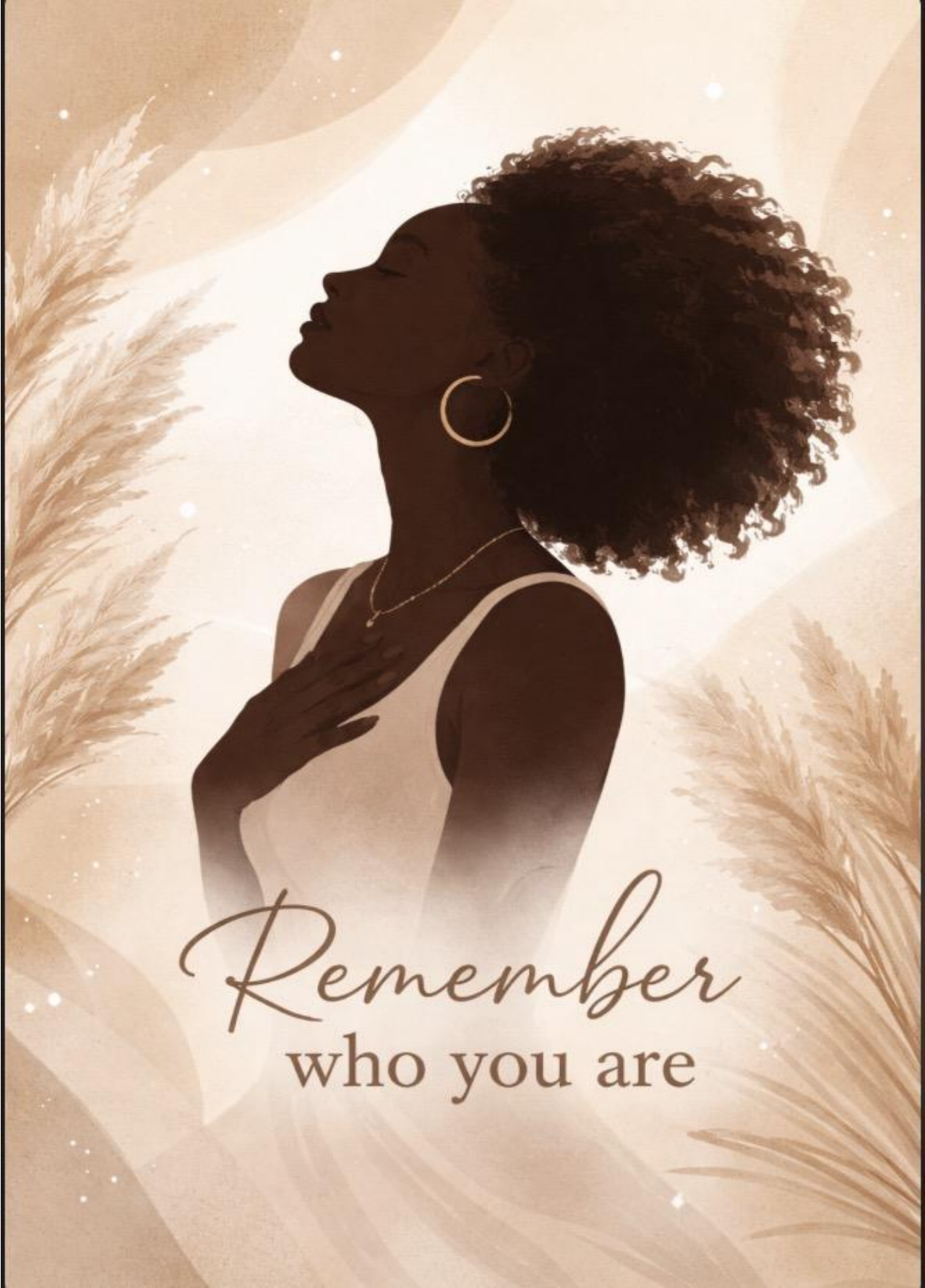
Joy

Calm

Ease

Take a Break

And you, *Mom*, deserve every bit of it.



Remember
who you are

REMEMBERING HER

HEY MOM!

First & foremost, MOMS CAN'T DO IT ALL. Always give yourself grace. You are loved

You are HER.....

We will talk about this throughout this segment. Every woman is different so as you read along remember to take what is for you.



Let's start from the beginning. Start to think about the woman you were before you became a mother. Even before you're first real relationship. As you do that, think about the positive personality qualities you had then that you may have lost along the way. Being a mother, I am sure, like a lot of us has made you feel like you have lost yourself at some point. Down to not even knowing what's FUN for you. So, try to bring some of those personality traits back into play in your life. As the title says 'Hard Mind' is

reference to us women having to feel like we always need a wall of protection up. For ourselves & children. We sometimes forget we are a woman & we are allowed to be soft, carefree, just US.

As you start to bring back some of the old you, you will start to feel yourself again. Remember what it is you love about life outside of your motherly duties. Self-care is always a great start like planning nail & hair dates. Whether that's at home or a salon. Try new things you've always wanted to do. Maybe things you never thought about doing. Slowly but surely, you will start becoming HER again. Trust me everyone around you will notice & truly love this for you.

So, YOU LOVE THIS FOR YOURSELF.....

*you are
deserving* ♡



YOU ARE DESERVING

HEY MOM!

I just know you have had a free day before & wanted to go shopping.....



You probably got you a coffee or a tea for the ride but then get to the store and somehow end up in the KID section. Toys, Clothes, Like WHAT? I am on vacation from the kids, why am I here?? Haha, we know why.....we just can't help but to think about our babies. Always feeling like they need more, we are so selfless that we don't even consider the fact we are out for our enjoyment.

The GUILT starts to set in every time you start to think about the (little) things you want. I say little because if you are the type of mother I am speaking to then you don't want for much. You probably like purses, shoes, makeup, perfume...just the basic woman things. So even buying those for yourself is so hard. You feel like you aren't deserving of what you want because the needs of others are more important. This could be things that are free, like quiet time at the park or just a nap. Let's work on feeling like we deserve it all.

Next time you have time to yourself. Think about some things you want & can afford at that time or something that is free like a walk in the park or a long drive. Then BUY/DO IT! Don't even think twice. When your children or someone else need something from you, do you think they hesitate.....probably not! So mom, you deserve it so make YOU happy too!



*don't wait,
do it mama ♡*



DON'T WAIT.....DO it MAMA

Hey MOM!

I know you have a lot of things you want to accomplish but feel like there isn't enough time in the day or it's so much to do in the day. HOW CAN I MAKE TIME FOR ME?!!

Guess what...waiting for the time will be forever. So you just DO IT! You deserve everything you desire. Even when you feel like there is no time, you must make time. We as women and mothers just want to make sure we take care of everyone but ourselves. That's why it feels like there isn't enough time. One thing I had to remember is, 'How can I have anything if I don't work for it?'



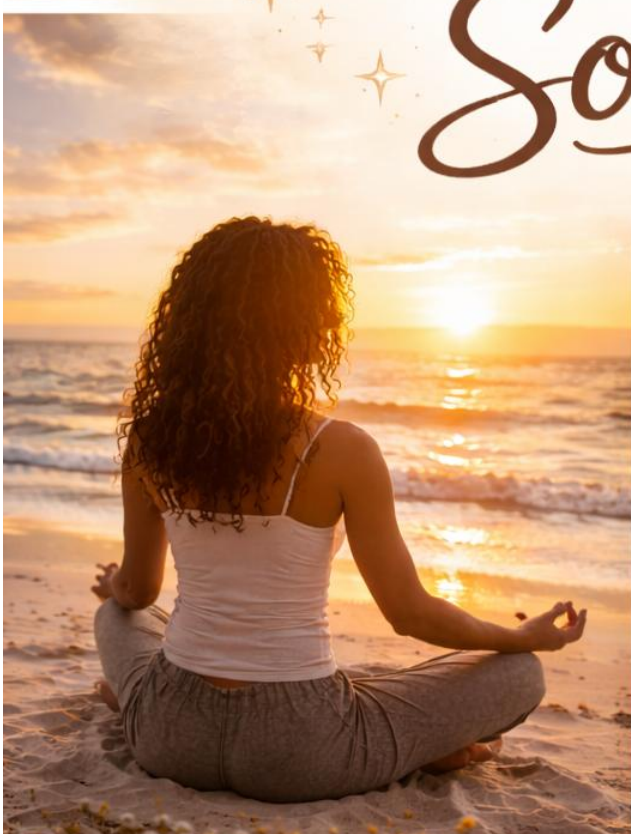
**DON'T WAIT. THE
TIME WILL NEVER
BE JUST RIGHT.**

The way to do this is to take 30mins to 1hr a day & dedicate it to you. Or every other day. You will notice that you aren't 'needed' as much as you think. You will start to feel like yourself again. Ideas start to come back. Wants will start to come back. YES, it's okay to want what you want! Whether it's starting school or just a project you've always wanted to conquer. Things as small as puzzles, legos, coloring which you can also do with your children & help soften your inner childhood. Also, something may be bigger like starting a business. It's all up to you MAMA.

Don't be scared.....just Do It Sister!



Feed Your
Soul 



LISTEN TO YOU-FEED YOUR SOUL

HEY MOM!

All in All this should start to create a space of peace for yourself & your home. You will start to grow in ways you didn't even think you could. Your mindset will start to become clearer.

Remember Small Wins are a WIN!

Showing up in general is Strength!



Even reading this is a start to growth within yourself. You are focusing on you already. That's GREAT!

Mom, I want you to start finding yourself again. Do it at your pace. It's never too late, always remember that. Little by little continue to think about what it is you can do to bring peace to your life and happiness for your soul.

So Remember You, You are Deserving, So Do It...whatever that means to you MOM!

WHY SOFT LIFE EXIST

Soft life was created from REAL life-from motherhood, growth, unanswered questions, and learning how to stand while choosing softness.

I am not just the creator of this space-I am a mother still learning, still growing, and still figuring things out one day at a time. Like many women, I carry both strength & uncertainty, & I've learned that both exist together.

In 2018, I lost my mother-and with her, I lost a voice I often wish I could still call for guidance, reassurance, and simple understanding. That loss taught me how deeply mothers need spaces where they can be heard, supported, & reminded that they are not walking alone.

Soft life is my way of creating the open ear I once needed-a gentle place for mothers who are building, healing, questioning, and becoming. A space where honesty is welcome, growth is allowed to be slow, and softness is never mistaken for weakness.

I hope these pages made you feel seen, heard, or even less alone- then this magazine had done exactly what it was created to do.

With Big Love,

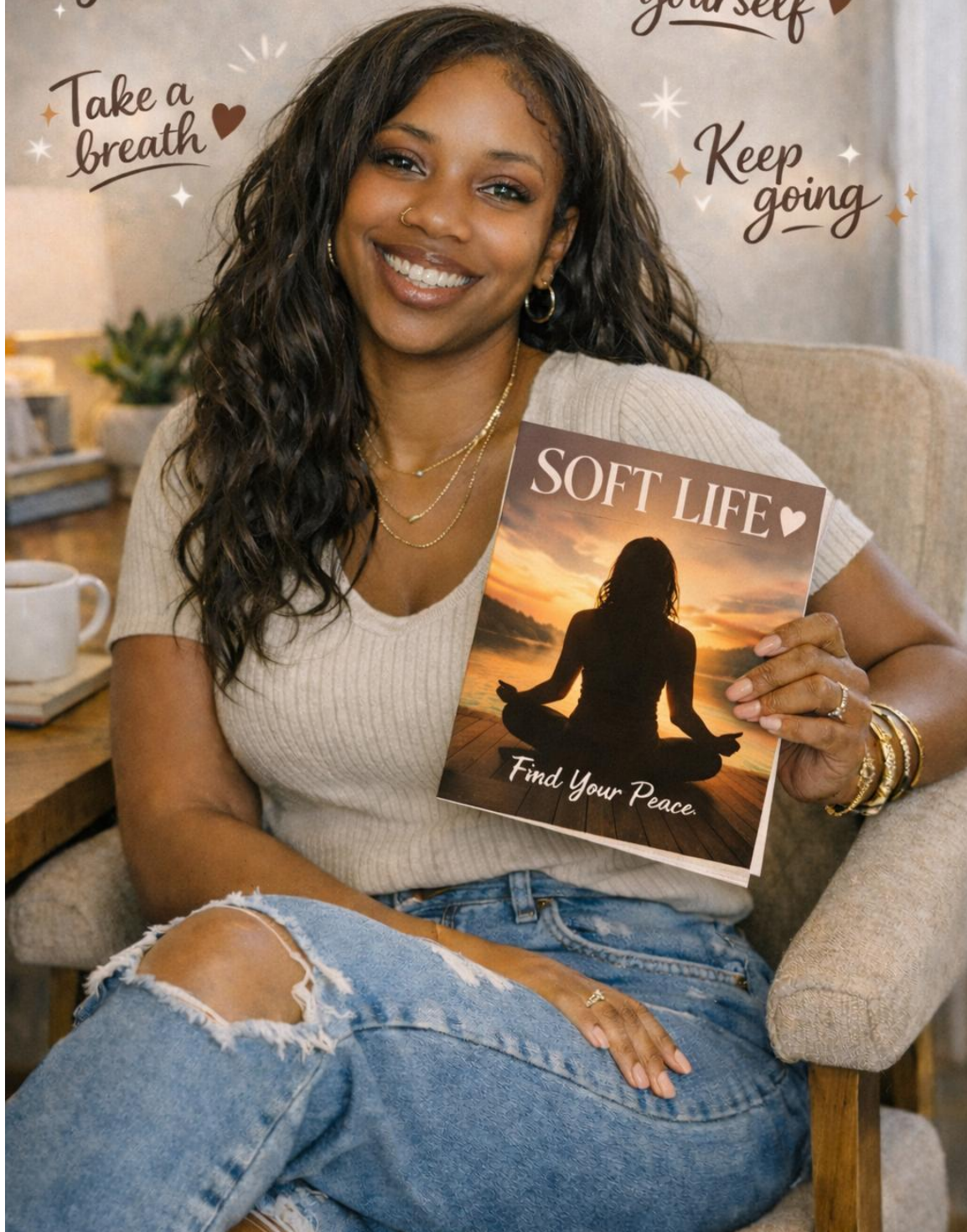
Nazgi Jonae

You've enough ✨

Believe in yourself ♥

Take a breath ♥

Keep going ✨



Just a little about me.... I am Nazgi Jonae'

I wanted to start this magazine because I am a natural lover & as today's generation say a (girls' girl). I grew up not feeling completely like myself, learning from others while trying to figure me out. I had friends but never many. I have a big family who I did learn from as well as my father, mother(s) & sisters. I grew up and then BOOM

became a mother which forced me to grow up faster. Although I did not have my first child at a young age. (I was 22), I still was growing & learning. In my relationships and as a mother.

Now in my 30's I realize I AM NOT ALONE..... So many mothers struggle mentally to just get up in the morning. We forget life is about us. Even though we are mothers, it's STILL OUR LIFE. The kids we have and or take care of will have their life to live as well so we must learn not to give our ALL. Yes, we will love them unconditionally but don't forget it is all about you.

So, I wanted to be a voice for my mothers who just need a good piece of advice to get through the DAY, WEEK, MONTH. This magazine is created to read at your own pace. No rush sister, read at your own pace. You don't have to start with the first section. Read the section that is for you at that moment.

I TRULY, TRULY, hope this helps at least 1 of my mother's....mother to be...mother at heart! We are a community that needs to have each other back because this is life beats us down enough!