



Writing Prompts for Law Moms

These prompts are simply designed to spark ideas and get the creative juices flowing.

Just have fun with these and answer as few or as many as you like. This is not homework and there are no wrong answers!

What type of law do you practice and why?

What was your pathway to becoming a lawyer?

Did you always want to practice law? Are there other lawyers in your family?

Did a particular experience or personal mission motivate you to become a lawyer?

What do you love about what you do and who you help?

What do you dislike about it?

If you weren't a lawyer, what would you do?

What are some of the challenges you experience while trying to create a balanced life between work, parenting, and fulfillment?

How many kids do you have and what ages are they?

Do you get to be the kind of mom you want to be?

What kind of strategies, resources or services do you use to help you manage your life well?

What have been some of your greatest challenges as a parent?

What have your children taught you about yourself and how have they helped you grow?



What do you want your children to learn from you?

What do you do to replenish your energy?

Do you feel like you've created a fulfilling life for yourself and your family?

Do you feel judged or supported by others in your family and social circle?

Have you defined your life's purpose?

What's something you tell your clients that you wish everyone in the world knew?

What are the most important values you want to teach your kids?

Have you ever felt burned out to the point of giving up? What did you do?

What advice would you give younger attorneys who want to become mothers?

How much do you focus on your health and wellness in all its forms – physical, mental, financial, spiritual?

Do you have a supportive partner? How do you divide your home and childcare responsibilities?

What are some of the most remarkable (funny, insane, sad, etc.) experiences/cases you've had at work?

What are some of the most remarkable (funny, insane, sad, etc.) experiences/cases you've had as a parent?

How has your perspective on your life/career/parenting shifted over time?

What is your big vision for the future? What are you creating for yourself?

How do you balance ambition and a desire for growth with enjoying the present moment?

What do you do really well?

What parts of yourself are you working on?