



MOM'S MINDFUL MOMENTS

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7

GRATITUDE REFLECTION

Set a timer for every hour today. When it rings, write down something you're grateful for!

NATURE WALK

Get outside. Put your face in the sun. Breathe in the fresh air. Bundle up if need be!

ACTS OF KINDNESS

Encourage a friend via text, pay for the car's coffee behind you, or surprise someone who needs it.

INTENTIONAL SILENCE

Turn the noise off in the car, when doing the dishes, or when making dinner. Fill it with your thoughts!

CREATIVE OUTLET

Try your hand at something creative. Color, paint, write, or sing - even if you're not 'good' at it!

UPLIFTING PLAYLIST

Curate a playlist of your favorite uplifting songs. Reach for it in times of stress today!

DAY OF REST

Take the day off of: technology, performance, and hustle. Embrace rest.

