

THRIVING MOMS

CHECKLIST

Self-Care

*Self-care isn't an act but a loving commitment to oneself.
How did you cherish yourself this week?*

Take a relaxing bath

Engage in a hobby

Read for pleasure

Listen to your favorite music and dance

Enjoy a walk outdoors

Practice deep breathing

Stretch your body gently

Watch a light-hearted movie

Journal your thoughts

Pamper yourself

Try gentle yoga

Take a short nap

Cook a nourishing meal

Be kind to yourself

Delegate tasks

Practice gratitude

Gardening

Drink your tea or coffee alone and in silence

Paint or draw

Explore a new place



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AFFIRMATIONS

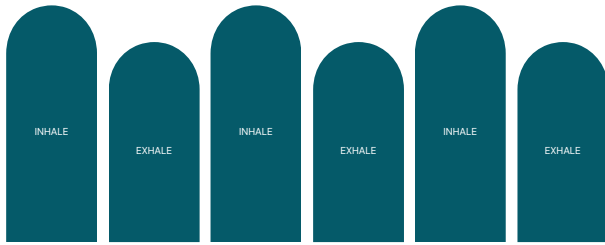
Self-Care

1	I am worthy of love, rest, and happiness.
2	I am letting go of what I cannot control.
3	I am forgiving myself for past mistakes and moving forward with love.
4	I am releasing judgment and embracing self-compassion.
5	I am confident in my ability to navigate motherhood.
6	I am empowered to prioritize myself without guilt.
7	I am allowed to take breaks when I need them.
8	I am allowed to say no.
9	I am honoring my needs.
10	I am allowed to take care of my own needs.

5 Minute Gratitude Journal



Breath before writing

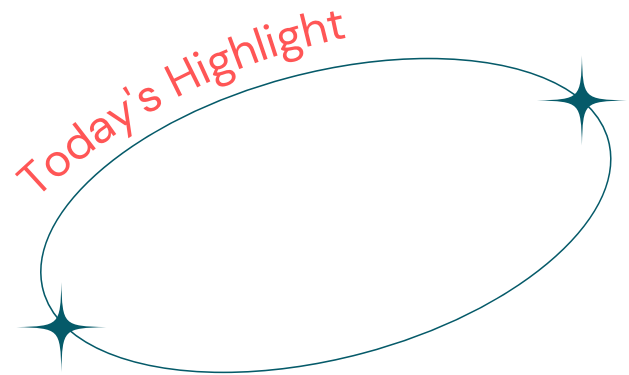


3 best things about today

Three rounded rectangular boxes stacked vertically for writing the best things about today.

Things you're grateful today

Five horizontal lines for writing, each starting with a teal asterisk icon.



Describe today in a drawing

A large empty rectangular box for drawing, with a small red pencil icon in the bottom right corner.

Things that you learned

Four horizontal lines for writing things learned.

Today's Affirmation

Two horizontal lines for writing the affirmation.