

DAILY WELL MOM CHECKLIST

TODAY I WILL . . .

- Eat & nourish myself
- Stay hydrated
- Rest as much as possible
- Go outside
- Laugh (ex: call a friend, watch a show)
- Move my body
- Take a shower
- Connect with my partner
- Do something for myself
- Take my vitamins
- Read a book (or audiobook)
- Give thanks and meditate
- Say no to things that don't serve me
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