

# MINDFUL MOM

WEEK OF

## HABIT TRACKER

HABIT	S	M	T	W	T	F	S
Wash face and brush teeth							
Shower							
Drink Water							
Get fresh air							
Move my body							
Learn something new							
Compliment myself							
Make home comfortable							
Laugh with my kid(s)							

## AFFIRMATIONS

I am a great mom.

I don't need to have all of the answers.

I trust myself and my instincts.

Motherhood is not easy, but I can do it.

I am exactly who my kid(s) need(s).

I will do what I can and I will let the rest go.

I am capable of amazing things.

I am grateful for my family.

## MOOD TRACKER



## CHALLENGE TRACKER

Obstacles

How I Approached Them