

Self Care Plan

WEEKLY SCHEDULE

MONDAY

- Make Special Morning Cup of coffee or tea

TUESDAY

- Make your bed

WEDNESDAY

- Have a dance party- by yourself or with your little one

THURSDAY

- Eat some dark chocolate before bed

FRIDAY

- Step outside for 5 minutes to get some vitamin D

SATURDAY

- Call (or facetime) a friend or family member

SUNDAY

- Read a book or listen to a favorite podcast for 10 minutes

PRIORITIES

- Make small changes each day

QUOTES

Successful mothers are not the ones that never struggled. They are the ones that never give up, despite the struggles.