

30 DAY HAPPY MOM CHALLENGE

a month of self love for moms

1 write down 3 things that are important to you	2 brainstorm how you can incorporate them into your life more	3 learn the 3-1-6 breathing technique	4 take a nap	5 write down 3 things you're good at
6 get outside for fresh air and sunlight	7 go get your favorite treat	8 put fresh flowers on your table	9 hire someone to deep clean your house	10 schedule time to spend alone outside of the house
11 get dolled up for no reason	12 have a long conversation with an adult	13 plan adult time with a friend	14 find something funny to watch	15 find something stressful your life and find a way to eliminate it
16 learn how to meditate to clear your head	17 enlist ways your family can help more	18 find time to walk around the block at least every other day	19 brainstorm 2 ways you can simplify your morning routine	20 go rent that movie you've been dying to see
21 make a vow to stop comparing yourself or your life to others	22 add one healthy habit to your life	23 make sure YOU are getting a good breakfast	24 put your phone down - no social media for a day	25 take a long, warm bubble bath complete with candles
26 brainstorm some things you might want to learn to do	27 pick one of the activities you listed and do it!	28 find a good book to read	29 find 2 mantras you'll repeat to yourself each day	30 start the de-clutter challenge