

FEBRUARY Self-Care Challenge

VISIT MOMMAHASAPLAN.COM FOR THE CHALLENGE DETAILS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Mindful Morning Ritual	Gratitude Journaling	Nature Walk Break	Digital Detox Hour	Self- compassion Exercise
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Start with a good breakfast	Hydration Challenge	Mindful Eating Practice	DIY Healthy Snacks	Relaxing Bedtime Routine
DAY II	DAY 12	DAY 13	DAY 14	DAY 15
Virtual Coffee Date	Family Game Night	Gratitude call or message	Hobby Exploration	Meet up with friends
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Find your cozy spot	Read a book or listen to an audio book	Creative writing session	Book Club	Create a bucket list
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Artistic Expression	Start a Gratitude jar	Listen to a new podcast	Vision Board Creation	Wear something that makes you feel great
DAY 26	DAY 27	DAY 28	DAY 29	
Reflect on self-care habits	Reflect on notable changes and discoveries	Reflect on challenges and overcoming obstacles	Future self- Care Intentions	YOU DID IT!



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VATER INTAKE	TODAY'S AFFIRMATION
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ANGRY TIRED SAD HAPPY EXCITED	
IOTES/REMINDER:	FOR TOMORROW

AFFIRMATIONS

- 1. I AM DESERVING OF SELF-CARE.
- 2. MY WELL-BEING IS A PRIORITY.
- 3. I GIVE MYSELF PERMISSION TO REST.
- 4. I AM DOING MY BEST, AND THAT IS ENOUGH.
- 5. I HONOR MY NEEDS AND TAKE BREAKS WHEN NECESSARY.
 - 6. I RELEASE GUILT AND EMBRACE SELF-COMPASSION.
 - 7. TODAY, I CHOOSE JOY OVER STRESS.
 - 8. I TRUST MY INSTINCTS AS A MOM.
- 9. I AM RESILIENT AND CAPABLE OF HANDLING CHALLENGES.
 - 10. MY SELF-CARE IS A GIFT TO MY FAMILY AS WELL.
 - 11. I CELEBRATE THE SMALL VICTORIES IN PARENTING.
- 12. I LET GO OF PERFECTION AND EMBRACE IMPERFECTION.
 - 13. I AM A LOVING AND NURTURING PARENT.
 - 14. I DESERVE MOMENTS OF PEACE AND QUIET.
- 15. I AM GRATEFUL FOR THE LOVE AND SUPPORT IN MY LIFE.
 - 16. I CHOOSE TO FOCUS ON WHAT I CAN CONTROL.
 - 17. I RELEASE NEGATIVITY AND WELCOME POSITIVITY.
 - 18. I AM PROUD OF THE MOM I AM BECOMING.
 - 19. I ALLOW MYSELF TO ASK FOR HELP WHEN NEEDED.
 - 20. I TRUST THE JOURNEY OF MOTHERHOOD.
 - 21. I AM STRONG, CAPABLE, AND RESILIENT.
- 22. MY SELF-WORTH IS NOT DETERMINED BY PRODUCTIVITY.
 - 23. I TAKE TIME TO APPRECIATE THE BEAUTY AROUND ME.
 - 24. I AM PATIENT WITH MYSELF AND MY CHILDREN.
 - 25. I NURTURE MY MIND, BODY, AND SOUL.
- 26. I LET GO OF COMPARISON AND EMBRACE MY UNIQUE JOURNEY.
 - 27. I AM CREATING A LOVING AND SUPPORTIVE HOME.
 - 28. I PRIORITIZE SELF-CARE WITHOUT GUILT.
 - 29. I RELEASE TENSION AND BREATHE DEEPLY.
 - 30. I AM A WONDERFUL MOTHER, AND MY EFFORTS MATTER.

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A Mindful Journey:
Imagine yourself in a serene and peaceful place. Describe the surroundings, incorporating sensory details such as sounds, scents, and textures.
Write about your journey through this calming environment, emphasizing the mindfulness techniques you use to stay present and fully experience each moment.

Mindful Observation: Choose an object from your immediate surroundings. It could be something simple like a flower, a candle, or a piece of fruit. Write a detailed description of the object, paying close attention to its appearance, texture, and any emotions or memories it may evoke. Use this exercise to practice mindful observation and appreciation of the present moment.

Imagine you have superhero powers, but they're all related to parenting and homemaking. Write a short story about a day in the life of "SuperMom," where you use your unique parenting superpowers to tackle everyday challenges in a hilariously exaggerated way.	ine misaaventures of Supermom:
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Parenting Haiku Battle:
Challenge yourself to write a series of silly haikus about everyday parenting moments.
Cover topics like spilled juice, bedtime negotiations, or the mysterious disappearance of socks. Infuse humor into these brief poetic snapshots of mom life.

Bucket list

PLANNER



OF THINGS THAT I WILL DO

TRAVELS	I WILL TRAVEL BECAUSE
EXPERIENCES	I WILL COLLECT MEMORIES BECAUSE
BOOKS	I WILL READ BECAUSE

I WANT TO DO THESE





PREPARATION AND NOTES

WHERE	
WHEN	PASTE AN IMAGE HERE
TOURIST SPOTS	PROSPECT BUDGET
	SAVINGS GOAL
THINGS TO DO	I'M READY TO GET STARTED!
NOTES	



PREPARATION AND NOTES

I will do:	© •
I will do:	© •
I will do:	
I will do:	© •
I will do:	© •



I WILL READ

GENRE:	
	Book 1:
	Book 2:
	Book 3:
	Book 4:
	Book 5:
GENRE:	
	Book 1:
	Book 2:
	Book 3:
	Book 4:
	Book 5:
GENRE:	
	Book 1:
	Book 2:
	Book 3:
	Book 4:
	Book 5:
GENRE:	
	Book 1:
	Book 2:
	Book 3:
	Book 4:
	Book 5:

ACCOMPLISHED



Making progress? High five to you! Keep on rockin' it! How do you feel?!

EXPLORE THE SELF-CARE ACTIVITIES YOU INCORPORATED DURING THE CHALLENGE, WHAT ACTIVITIES RESONATED WITH YOU THE MOST? WHICH ONES FELT MOST NOURISHING AND REVITALIZING? REFLECT ON HOW THESE ACTIVITIES ALIGN WITH YOUR OVERALL WELL-BEING

REFLECTING ON SELF-CARE HABITS:

NOTABLE CHANGES AND DISCOVERIES: IDENTIFY ANY NOTABLE CHANGES OR DISCOVERIES YOU EXPERIENCED DURING THE SELF-CARE CHALLENGE. THIS COULD INCLUDE SHIFTS IN MOOD, ENERGY LEVELS, OR PERSPECTIVES. REFLECT ON WHAT SURPRISED YOU AND WHETHER YOU UNCOVERED NEW INSIGHTS ABOUT YOURSELF.

CHALLENGES AND OVERCOMING OBSTACLES: ACKNOWLEDGE ANY CHALLENGES OR OBSTACLES YOU ENCOUNTERED WHILE PARTICIPATING IN THE SELF-CARE CHALLENGE. REFLECT ON HOW YOU NAVIGATED THESE CHALLENGES AND WHETHER YOU DISCOVERED EFFECTIVE STRATEGIES FOR OVERCOMING BARRIERS TO SELF-CARE.

FUTURE SELF-CARE INTENTIONS: CONSIDER YOUR SELF-CARE JOURNEY BEYOND THE CHALLENGE. WHAT SELF-CARE HABITS WOULD YOU LIKE TO CONTINUE INCORPORATING INTO YOUR ROUTINE? ARE THERE NEW ACTIVITIES OR PRACTICES YOU WANT TO EXPLORE FURTHER? REFLECT ON YOUR INTENTIONS FOR ONGOING SELF-CARE.