



**ALWAYS**  
**BELIEVE IN**  
*yourself*



# FEBRUARY

## Self-Care Challenge

VISIT [MOMMAHASAPLAN.COM](https://mommahasaplan.com) FOR THE CHALLENGE DETAILS

<b>DAY 1</b> Mindful Morning Ritual	<b>DAY 2</b> Gratitude Journaling	<b>DAY 3</b> Nature Walk Break	<b>DAY 4</b> Digital Detox Hour	<b>DAY 5</b> Self-compassion Exercise
<b>DAY 6</b> Start with a good breakfast	<b>DAY 7</b> Hydration Challenge	<b>DAY 8</b> Mindful Eating Practice	<b>DAY 9</b> DIY Healthy Snacks	<b>DAY 10</b> Relaxing Bedtime Routine
<b>DAY 11</b> Virtual Coffee Date	<b>DAY 12</b> Family Game Night	<b>DAY 13</b> Gratitude call or message	<b>DAY 14</b> Hobby Exploration	<b>DAY 15</b> Meet up with friends
<b>DAY 16</b> Find your cozy spot	<b>DAY 17</b> Read a book or listen to an audio book	<b>DAY 18</b> Creative writing session	<b>DAY 19</b> Book Club	<b>DAY 20</b> Create a bucket list
<b>DAY 21</b> Artistic Expression	<b>DAY 22</b> Start a Gratitude jar	<b>DAY 23</b> Listen to a new podcast	<b>DAY 24</b> Vision Board Creation	<b>DAY 25</b> Wear something that makes you feel great
<b>DAY 26</b> Reflect on self-care habits	<b>DAY 27</b> Reflect on notable changes and discoveries	<b>DAY 28</b> Reflect on challenges and overcoming obstacles	<b>DAY 29</b> Future self-Care Intentions	<b>YOU DID IT!</b>

# SELF-CARE *Journal*

DATE:     /     /



## TODAY I'M GRATEFUL FOR:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## WATER INTAKE



## TODAY'S AFFIRMATION

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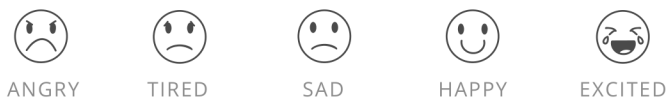
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## MOOD



## NOTES/REMINDER:

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## FOR TOMORROW

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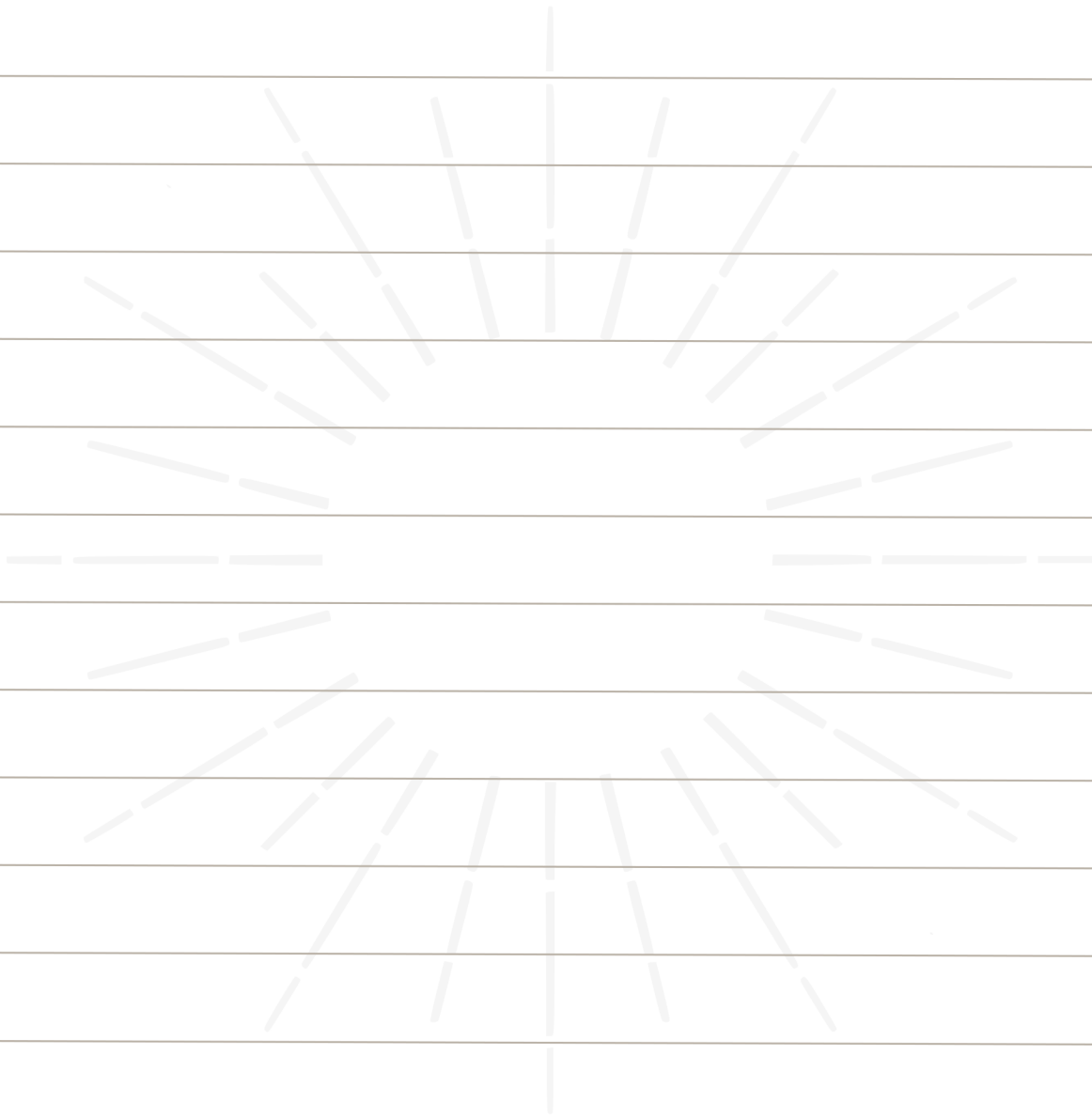
# AFFIRMATIONS

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.

# Morning thoughts

Date

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# *Bucket List*

PLANNER

# The List

OF THINGS THAT I WILL DO

TRAVELS

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I WILL TRAVEL BECAUSE

EXPERIENCES

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I WILL COLLECT  
MEMORIES BECAUSE

BOOKS

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I WILL READ BECAUSE

I WANT TO DO THESE

*Because...*

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# Travel

## PREPARATION AND NOTES

WHERE

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WHEN

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PASTE AN  
IMAGE HERE

TOURIST SPOTS

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PROSPECT BUDGET

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SAVINGS GOAL

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THINGS TO DO

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I'M READY TO GET STARTED!

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NOTES

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# Experiences

## PREPARATION AND NOTES

I will do:



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I will do:



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I will do:



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I will do:



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I will do:



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# Books

## 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

# Bucket List

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

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**REFLECTING ON SELF-CARE HABITS:**

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

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**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.

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