

# BUSY MOMMY

# *Self Care*

Bullet Journal Activity Inspiration

Practice 10 (*or more*) Minutes of Yoga

Go For A Walk Outside

Read Your Favorite Book

Color in an Adult Coloring Book (*or Doodle Without Thinking!*)

Write Down an Exciting Happening From The Day

Take A Long, Hot Shower

Eat Your Favorite Snack

Cuddle With Your Partner

Meditate

Recite 5 of Your INCREDIBLE Mommy Affirmations

Try Preparing A New Recipe From Pinterest!