

DAILY

MINDFULNESS

Experience the power of a morning mindfulness—reflect on gratitude, set intentions, and start your day with calm. Designed for busy Moms.

Day 1

Date:

Today's Affirmation

I am allowed to change my mind.
Looking after my own needs is a
strength, not a weakness.

Today's Mood



3 Things I'm grateful for

- _____
- _____
- _____

Today's self-care Practice

Step outside for a few
minutes to soak up some
natural light.

Question of the Day

What would I do if I had no
fears?

Notes

DAILY

MINDFULNESS

Experience the power of a morning mindfulness—reflect on gratitude, set intentions, and start your day with calm. Designed for busy Moms.

Day 2

Date:

Today's Affirmation

I am going through life at my own pace.
Sometimes faster, sometimes slower.
And every pace is ok.

Today's Mood



3 Things I'm grateful for

- _____
- _____
- _____

Today's self-care Practice

Don't use Social-Media for
the first hour of the day.

Question of the Day

How much weight do I give
my own happiness,
compared to making other
people happy?

Notes

DAILY

MINDFULNESS

Experience the power of a morning mindfulness—reflect on gratitude, set intentions, and start your day with calm. Designed for busy Moms.

Day 3

Date:

Today's Affirmation

I accept and can handle all the emotions I am feeling.

Today's Mood



3 Things I'm grateful for

- _____
- _____
- _____

Today's self-care Practice

Write down a small reward to look forward to, like a favorite meal or show.

Question of the Day

What are the three most important values to me?

Notes

DAILY

MINDFULNESS

Experience the power of a morning mindfulness—reflect on gratitude, set intentions, and start your day with calm. Designed for busy Moms.

Day 4

Date:

Today's Affirmation

The past will always be a part of me, but it doesn't have to define my whole future.

Today's Mood



3 Things I'm grateful for

- _____
- _____
- _____

Today's self-care Practice

Smile, even if you don't feel like it—it can lift your mood.

Question of the Day

How comfortable am I with saying No?

Notes

DAILY

MINDFULNESS

Experience the power of a morning mindfulness—reflect on gratitude, set intentions, and start your day with calm. Designed for busy Moms.

Day 5

Date:

Today's Affirmation

I deserve to be loved for all I am.

Today's Mood



3 Things I'm grateful for

- _____
- _____
- _____

Today's self-care Practice

Take a moment to imagine your ideal vacation or future dream.

Question of the Day

Am I able to accept my feelings – even when they are difficult?

Notes

DAILY

MINDFULNESS

Experience the power of a morning mindfulness—reflect on gratitude, set intentions, and start your day with calm. Designed for busy Moms.

Day 6

Date:

Today's Affirmation

I can sing and dance and laugh as loud as I want.

Today's Mood



3 Things I'm grateful for

- _____
- _____
- _____

Today's self-care Practice

Decline one thing that's adding unnecessary stress to your day.

Question of the Day

Can I see the difference between settling and accepting?

Notes

DAILY

MINDFULNESS

Experience the power of a morning mindfulness—reflect on gratitude, set intentions, and start your day with calm. Designed for busy Moms.

Day 7

Date:

Today's Affirmation

I can be a loving and caring person and still hold firm boundaries.

Today's Mood



3 Things I'm grateful for

- _____
- _____
- _____

Today's self-care Practice

Spend time in nature.

Question of the Day

Do I make decisions based on my own convictions or based on society?

Notes
