

# DAILY CHECKLIST



## WAKE UP BEFORE YOUR KIDS & TAKE TIME FOR YOURSELF

Whether you exercise, read, meditate, pray, or write your to-do list, you'll be happier if you start the day with a few minutes to yourself.



## MAKE YOUR BED

Starts your day with a quick mood boost and a sense of accomplishment.



## GIVE EACH CHILD INDIVIDUAL SNUGGLE TIME

No matter how chaotic the day, give at least a few minutes of snuggles & undivided attention. This builds important connections with your kids and creates a more peaceful home.



## BE SMART ABOUT YOUR SMARTPHONE

It can help life be more efficient, or it can distract from the things that matter most.



## HUG YOUR PARTNER FOR AT LEAST 20 SECONDS

This mood-boosting exercise can melt away stress and build connections between you and your partner.



## EXERCISE

Just a few minutes of exercise will improve sleep and boost your mood & energy level.



## DON'T SWEAT THE SMALL STUFF

Ultimately, a messy house, a tantrum, or your kid's mismatched clothes won't matter a bit. Focus on what will.



## TAKE TIME TO RELAX BEFORE GOING TO BED

Take a bath, read a book, or do some yoga--it'll help you get a good night's sleep.



## END YOUR DAY LISTING YOUR "TOP 10 OF TODAY"

Going over the top 10 things you're grateful for each day keeps you happy & optimistic regardless of what struggles you may face. Optimism is a choice.



## GO TO BED EARLY

A happy well rested mama = a happy home

# The happy mom's DAILY CHECKLIST

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☐ **MAKE YOUR BED**

Starts your day with a quick mood boost and a sense of accomplishment.

☐ **GIVE EACH CHILD INDIVIDUAL SNUGGLE TIME**

Even a few minutes of snuggles & undivided attention will build important connections with your kids and create a more peaceful home.

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