

Resilient Mama Morning Ritual

Daily Gratitude. Write one thing you are grateful for today and spend a minute of reflection. Think about a way you can express this gratitude whether it's through verbal acknowledgement or just being more mindful of its presence and impact on your life.

Daily Intention. Write an intention. Consider it a way in which you would like to interact with yourself and the world today. Examples include "Stay in the moment," "Reflect before reacting," and "Be authentic in my words and actions."

5 Things To Do List. Plan your day with a **SIMPLE** to do list. Set yourself up to succeed, not to "do more." Select 5 specific tasks that are realistically attainable even if the day ends up going a little differently than you had planned. Make the tasks small and specific. (i.e. not "clean the house" but "mop the kitchen floor.") And **NO MORE** than 5 things! Getting more done is great but this is about adjusting and setting attainable expectations each day.

Basic Need Tasks. Check the boxes to indicate that you have done some basic self care this morning. Did you take medication or your vitamin supplements? Did you drink a glass of water? Did you take a few deep breaths or meditate? Did you stretch? You can change these to fit with your own daily routines and health goals.



Resilient Mamas

Bending Without Breaking

Resilient Mama Morning Ritual

Daily Gratitude

Daily Intention

5 Things List

- 1.
- 2.
- 3.
- 4.
- 5.

Basic Needs

Water

Meds/Vitamins

Deep Breathing

Stretch



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