



Busy Mom Self-Care Checklist

Simple daily wellness reminders for tired moms

1. Morning Reset

- ☐ Drink a glass of water after waking up
- ☐ Take a few deep breaths
- ☐ Stretch your body for a few minutes
- ☐ Enjoy a quiet moment before the day begins
- ☐ Eat a nourishing breakfast or prepare a simple meal

2. Midday Wellness Check-In

- ☐ Pause and check how I am feeling
- ☐ Drink enough water throughout the day
- ☐ Take a short break from responsibilities
- ☐ Step outside for fresh air if possible
- ☐ Eat a nourishing meal or healthy snack

3. Evening Wind-Down

- ☐ Prepare one thing that makes tomorrow easier
- ☐ Write down thoughts or worries
- ☐ Reflect on one positive moment from today
- ☐ Practice gentle stretching or relaxation
- ☐ Put away distractions before bedtime

4. Weekly Wellness Check

- ☐ Schedule time for something I enjoy
- ☐ Connect with someone who supports me
- ☐ Organize one small area of my home
- ☐ Review my schedule and remove unnecessary stress
- ☐ Do something that helps me feel like myself again

My Self-Care Reflection

This week, I want to make time for:

One thing I can let go of:

One thing I am grateful for:

