

Self Care Challenge For Moms

Self-care isn't selfish!



write down
your
self-care goals

start a daily
walk for atleast
15 minutes

start your day
with the mantra
'I am enough'

frame a
favorite
photo of
yourself

eat something
that you like
and it's healthy too

write a
positive
affirmation
within 7 words

get up 15 minutes
early than your
regular time in the
morning

sit under
open sky with
closed eyes.
try to meditate

do something for
someone
other than
your family or friends

laugh often

make a
pray-for
list

take a nap

purchase something
that will
make you
feel good

drink 10 glasses
of water
in a day

declutter
something

join self-care challenge with Cries And Crawls (Mummas.in)