

## Checklist: Bad Habits Moms Need to Break

- ☐ Putting yourself last all the time
- ☐ Saying yes to everything (even when overwhelmed)
- ☐ Neglecting self-care or alone time
- ☐ Comparing yourself to other moms on social media
- ☐ Using negative self-talk
- ☐ Trying to be a 'perfect mom'
- ☐ Over-scheduling the family calendar
- ☐ Not asking for help when it's needed
- ☐ Skipping meals or surviving on snacks
- ☐ Reacting with yelling instead of responding calmly
- ☐ Ignoring your own hobbies or passions
- ☐ Constant multitasking without breaks