

Daily Self-Care Checklist for Moms

Because your well-being matters too. Use this gentle checklist to carve out moments of peace, joy, and calm in your day.

- ☐ Drink a full glass of water before coffee
- ☐ Take 5 deep breaths (Box Breathing or Slow Count)
- ☐ Step outside for at least 5 minutes (fresh air break)
- ☐ Move your body for 10+ minutes (walk, stretch, dance)
- ☐ Eat one nourishing meal (with protein + veggies)
- ☐ Say one kind thing to yourself out loud
- ☐ Take a screen break (10+ minutes unplugged)
- ☐ Text or voice message a friend (connection counts)
- ☐ Listen to music that lifts your mood
- ☐ Do something that brings *you* joy (read, paint, scroll Etsy guilt-free)
- ☐ Give yourself permission to rest - and actually do it
- ☐ Celebrate one thing you did well today (big or small!)