

Self-Care for Moms

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A realistic, guilt-free companion to the article. Fill it in digitally, or print it and use a pen.

START HERE

This is not a scorecard. Check one thing, write one note, or leave half the page blank. One small choice still counts.

DATE

1. WHAT KIND OF DAY IS THIS?

- ☐ Survival day - I need the smallest possible version.
- ☐ Regular day - I can choose two or three things.
- ☐ More-room day - I have time for something longer.

2. MY MINIMUM BASELINE - PICK 1 TO 3

- ☐ Eat something easy before the day gets away from me.
- ☐ Get ready enough to feel like myself.
- ☐ Step outside for five minutes.
- ☐ Ask someone to own one complete task.
- ☐ Keep one small promise to myself.

SKIP THIS

Skip this: checking every box because the list exists. Pick the option that makes today easier.

3. QUICK PICKS BY THE TIME I ACTUALLY HAVE

2 MINUTES

- ☐ Refill my drink
- ☐ Wash my face
- ☐ Open a window
- ☐ Send a voice note

5 MINUTES

- ☐ Sit outside
- ☐ Listen to one song
- ☐ Use hand cream
- ☐ Do absolutely nothing

10 MINUTES

- ☐ Take a no-product shower
- ☐ Read a few pages
- ☐ Walk to the mailbox
- ☐ Make an easy snack

20+ MINUTES

- ☐ Work on an old hobby
- ☐ Get coffee alone
- ☐ Browse the library or bookstore
- ☐ Watch part of a familiar show

4. MY THREE SMALL ANCHORS

MORNING - after something I already do:

EVENING - my cutoff time:

MIDDAY - around a normal transition:

ONE TASK THAT CAN WAIT:

Make Today Lighter

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Use this page for the mental load, hard-week mode, and a self-care kit made from things you already own.

5. REDUCE THE MOM MENTAL LOAD

- ☐ Write down everything I am holding.
- ☐ Choose only three priorities for today.
- ☐ Hand over one complete task.
- ☐ Use one default decision.
- ☐ Stop doing one low-value task.

ONE THING THAT MUST HAPPEN:

ONE PERSONAL THING:

ONE USEFUL THING:

ONE TASK I CAN HAND OFF:

REAL-LIFE RULE

A color-coded master list did not make the day easier. An ugly list with three priorities usually does.

6. BUILD MY SELF-CARE TOOLKIT

Check what I already own. No shopping trip required.

- | | |
|--|---|
| ☐ Book or magazine | ☐ Comfort item |
| ☐ Earbuds or headphones | ☐ Easy snack or drink |
| ☐ Favorite mug | ☐ Five-minute ideas card |

ONE OTHER THING THAT FEELS LIKE ME:

7. HARD-WEEK MODE

- | | |
|--|---|
| ☐ Choose an easier meal. | ☐ Choose familiar entertainment. |
| ☐ Cancel one optional commitment. | ☐ Lower the house standard. |
| ☐ Ask someone to own one task. | |

SKIP THIS

Skip this: deciding a hard week is the right time to rebuild every routine. Make fewer decisions instead.

8. MY TINY PLAN FOR TODAY

EASIER DINNER:

PERSON I CAN TEXT OR ASK:

TEN-MINUTE HOBBY OR BREAK:

MY STOPPING TIME:

9. BEFORE I CLOSE THIS PAGE - ONE CHECKBOX IS ENOUGH

TODAY GOT EASIER WHEN...

ONE THING I LET GO...

TOMORROW'S SMALLEST NEXT STEP: