

DAILY MOM RESET

checklist

Mental Reset

- ☐ TOOK 5 MINUTES TO BREATHE OR SIT QUIETLY
- ☐ BRAIN-DUMPED WORRIES OR TOMORROW'S TO-DO'S
- ☐ SAID SOMETHING KIND TO MYSELF

Home Tidy - Up

- ☐ CLEARED ONE HOTSPOT (KITCHEN COUNTER, ENTRYWAY, ETC.)
- ☐ QUICK SWEEP OR TIDY OF MAIN LIVING SPACE
- ☐ PREPPED ONE THING FOR TOMORROW (LUNCHES, CLOTHES, ETC.)

Connection Check

- ☐ HUGGED OR CHECKED IN WITH EACH KID
- ☐ ONE MOMENT OF NO-PHONE EYE CONTACT
- ☐ SAID "I LOVE YOU" OR "I'M PROUD OF YOU"

Self Care

- ☐ DRANK WATER
- ☐ TOOK MEDS/SUPPLEMENTS
- ☐ DID ONE THING JUST FOR ME (EVEN IF IT'S 5 MINS OF SCROLLING IN PEACE)

Digital Reset

- ☐ PLUGGED IN DEVICES
- ☐ SKIMMED OR CLOSED TABS/APPS I DON'T NEED
- ☐ NO DOOMSCROLLING BEFORE BED