

# CONFIDENCE CHECKLIST FOR MOMS

SO YOU CAN REDISCOVER YOUR  
RADIANCE, BOOST YOUR SELF-  
ESTEEM, AND FEEL AMAZING IN  
YOUR OWN SKIN



# Welcome to your Glow-Up Journey



Welcome to Your Confidence Checklist for Moms!

I'm so glad you're here! This checklist is your first step toward regaining the confidence that may have gotten lost in the shuffle of motherhood. It's easy to forget that YOU matter too. This resource will help you take small actions every day that will add up to a big change in how you feel about yourself.

Here's how to use this checklist:

- Choose one action each day that resonates with you.
- Focus on completing that action, no matter how small, to build your confidence.
- Use this checklist as a tool to remind you to prioritize yourself and to start seeing the results of your self-care.

Remember, consistency is key! The more you invest in yourself, the more you'll see and feel the transformation. Let's make YOU the priority—you've got this!

Let's rewrite the narrative together—you've got this!

Warmly,  
Koso

# About Me



## HI MAMA!

I'm Koso, and I know exactly how you feel.

Motherhood is a beautiful gift, but it can also leave you feeling overwhelmed, disconnected, and unsure of who you are outside of being a mom. I've been there—juggling endless to-do lists, battling exhaustion, and wondering if I'd ever feel confident and vibrant again.

But I also know it's possible to transform those feelings into a life where you feel radiant, powerful, and unapologetically YOU. After my own postpartum journey, I discovered the power of intentional self-care, mindset shifts, and reclaiming my identity. Through my glow-up process, I not only became a more fulfilled mom but a woman who genuinely loves the person staring back in the mirror.

Now, I'm here to help you do the same.

Whether you're feeling stuck in the haze of motherhood, struggling with confidence, or simply ready to focus on YOU for a change, my approach is designed to empower you to take control of your life, rediscover your worth, and create the transformation you've been yearning for.

This isn't about perfection—it's about progress. It's about small, intentional steps that lead to big, life-changing results. I'll provide you with the tools, guidance, and inspiration you need to start glowing up from the inside out.

If you're ready to reconnect with yourself and step into the best version of YOU, let's make it happen together. You deserve this, mama!

Coach Koso

# CONFIDENCE CHECKLIST FOR MOMS

CHOOSE ONE ACTION TO DO TODAY ~ YOU GOT THIS, MAMA!

- ☐ **Start Your Day with Gratitude**  
Write down 3 things you're grateful for, including one about yourself.
- ☐ **Dress for Confidence**  
Choose an outfit that makes you feel good, even if you're staying home.
- ☐ **Practice Positive Self-Talk**  
Replace one negative thought with a positive affirmation about yourself.
- ☐ **Take a Break for Yourself**  
Even 10 minutes of alone time can recharge you—take a walk, read, or relax.
- ☐ **Celebrate Your Wins**  
Write down one thing you accomplished today, no matter how small.
- ☐ **Move Your Body**  
Do a quick stretch or a workout that makes you feel energized.
- ☐ **Look in the Mirror and Smile**  
Stand tall, look at yourself, and smile for 30 seconds.
- ☐ **Reach Out to Someone**  
Send a text or call a friend who lifts you up.
- ☐ **Be Kind to Yourself**  
When you make a mistake, remind yourself that you're doing your best.
- ☐ **End Your Day with Reflection**  
Reflect on your day, celebrate what went well, and plan one small goal for tomorrow.





*Coach Koso*

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