

DATE: _____

S M T W T F S

Micro-Moments Check-in

Tiny steps to acknowledge your journey today.



Today I will... (Check what you can)



Tiny Acts, Big Impact:

Create your own

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Take 3 deep breaths. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Drink a full glass of water. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Acknowledge one feeling I have. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Say something kind to myself. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Step outside/look out a window. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Ask for/Accept one tiny bit of help. | <input type="checkbox"/> _____ |

One thing I'm grateful for (no matter how small)

☐

A gentle reminder for myself tomorrow:

☐

My Daily Dose of Mama Strength (Read one or all when you need a lift)

“My baby feels my love, even when I'm struggling.”

“I am doing my best, and my best is enough.”

“This is a challenging season, not a challenging forever.”

“It's okay to feel overwhelmed; I am still a good mom.”

“I deserve rest, nourishment, and support.”