



Holistic Start for Busy Moms



A Gentle Doable Wellness Guide You'll Actually Use

✓ Daily Microhabits

Morning

- Drink lemon water
- Take three deep breaths before checking your phone

Afternoon

- Eat one colorful food (fruit or veggie)
- Stretch for 3 minutes, even at your desk or kitchen counter

Evening

- Light a candle or dim the lights
- Journal or brain-dump for five minutes.

🥗 Quick Holistic Meals

Smoothie

- 1 frozen banana
- 1 handful spinach
- 1 tbsp peanut butter
- 1 cup almond milk

Wrap

- Whole wheat tortilla
- Hummus
- Shredded carrots
- Sliced avocado

Comfort Soup

- 2 cups bone broth
- 1 cup frozen veggies
- 1/2 cup red lentils
- Simmer 20 mins with your favorite herbs

📅 Weekly Wellness Checklist

Use this space to check off small wins each week!

- ☐ Move your body joyfully (walk, dance, yoga—whatever feels good)
- ☐ Prep one nourishing meal for the week ahead
- ☐ Say no to something that drains you
- ☐ Create 5 minutes of quiet time (no guilt)
- ☐ Reach out to someone who supports you
- ph text

✨ Mini Affirmations

Cut these out and tape them to your mirror, laptop, or fridge.

"I'm allowed to pause."

"My peace is powerful."

"Small steps still move me forward."

"I don't need to earn rest."

"It's okay to not do it all."

❤️ Build Your Holistic Toolkit

What calms me:

What recharges me:

My support people:
