



daily self care



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my mantra for today is: _____

one thing i love about myself is: _____

self love checklist

- MEDITATE
- JOURNAL
- PRACTICE YOGA
- READ A BOOK
- MINDFULNESS PRACTICE
- WORK OUT
- TAKE A WALK

tick one or more everyday

- HAVE A BUBBLE BATH
- DO AFFIRMATIONS
- LISTEN TO MUSIC
- CALL A FRIEND
- WATCH TED TALKS
- LISTEN TO INSPIRING AUDIOBOOKS
- GO OUTSIDE
- TAKE A NAP
- WRITE A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- READ A MAGAZINE
- EAT FOODS THAT NOURISH
- COOK A MEAL
- DANCE



"you yourself, as much as anybody in the entire universe deserve love and affection." - mahatma gandhi



daily gratitude



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ten things i am grateful for today:

1.

2.

3.

4.

5.

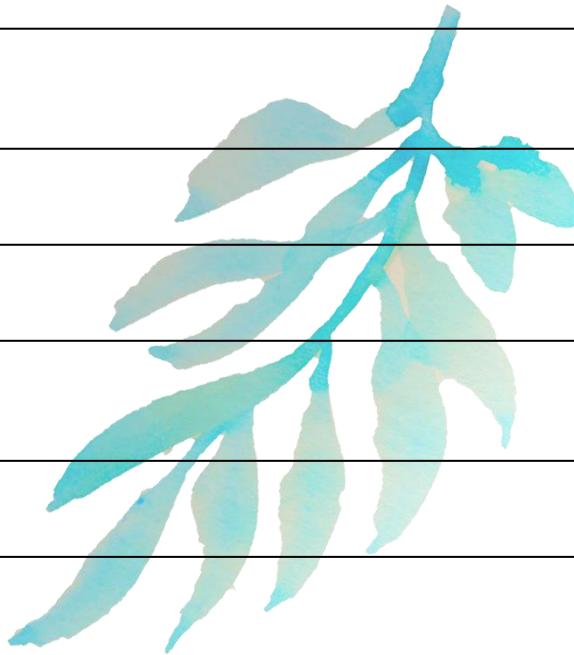
6.

7.

8.

9.

10.



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