

# Daily Grace Check-In

A gentle space for at-home moms to pause, reflect, and reset with grace.

## Morning Reflection

One thing I'm grateful for today:

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My prayer or intention for today:

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Top 3 priorities for today:

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## Midday Pause

How am I feeling right now (emotionally & physically)?

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Have I eaten, hydrated, or taken a break? ☐ Yes ☐ No (plan to do so now)

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A short prayer or breath I can say to recenter:

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## Evening Reflection

What went well today (big or small wins)?

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A moment that made me smile today:

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One thing I'll do differently tomorrow (with grace):

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## Self-Care Checklist

☐ I nourished my body

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☐ I moved or stretched

☐ I drank enough water

☐ I took a moment for quiet

☐ I connected with someone I love

☐ I did something just for me

☐ I gave myself grace

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