# MomCare Daily Self-Care Checklist

Nurture Your Mind, Body & Soul – One Moment at a Time

## 💛 Morning (Start Your Day Intentionally)

**☐** Wake up 10–15 minutes before the kids

**☐** Say a morning prayer or affirmation

**☐** Drink a glass of warm water or herbal tea

**☐** Stretch or do light movement (5–10 minutes)

**☐** Write 1 thing you’re grateful for

## 🌿 Midday (Take a Pause & Recharge)

**☐** Step outside for fresh air or sunlight (5 mins)

**☐** Do one thing that brings joy (music, hobby, etc.)

**☐** Eat a nourishing meal/snack mindfully

**☐** Tidy one space to clear your mind

**☐** Drink water and check in with how you’re feeling

## 🌷 Evening (Wind Down & Reflect)

**☐** Unplug from screens 30 minutes before bed

**☐** Take a warm shower or bath

**☐** Journal or reflect on the day

**☐** Read or listen to something uplifting

**☐** Say a prayer of gratitude and release

## 🤍 Weekly Self-Care Moments

**☐** Connect with another mom/friend

**☐** Delegate one task or ask for help

**☐** Attend church, a group, or family fellowship

**☐** Declutter a small area of your home

**☐** Do something just for YOU (no guilt!)

## ✨ MomCare Affirmation of the Day:

"I am worthy of rest, love, and care."

📍 From the heart of Creative Moms Web | MomCareMoments.com

💌 Tag us @MomCareMoments and show us your self-care routine!

🔗 Download more printables and self-care resources at: www.momcaremoments.com