



Self Care **Morning Routine** for *Moms*

A GUIDE TO HELP YOU START YOUR MORNINGS
WITH INTENTION & INFUSE YOUR
MOTHERHOOD JOURNEY WITH CALM.

PRIORITIZE YOURSELF

YOU ARE WORTH IT!

Self care is an important and necessary part of being a calm and confident mom. When you give yourself the care and love you need, you have more to give your children. More energy. More patience. More love.

We all know how important self care is, but how do we find the time for it in our already busy schedules?

The answer, create a routine that brings self care into your life. Make a commitment to this routine until it becomes a habit. Once you see how your self care routine improves the quality of your day and life, you will not want to give it up!

In order to set yourself up for success you may want to wake up 30 minutes earlier than usual. If this means you need to go to bed 30 minutes earlier, do it! You are worth it!

This plan is broken down into 3 Simple Steps. Within each step there is space for notes. Jot down some ideas and make a note of your experiences.

(CHECK OUT THE RESOURCES PAGE FOR A FREE KICKSTART YOUR CALM MORNING RITUAL AND OTHER SELF CARE GOODIES!)

**Carve out and
claim the time to
care for yourself
and kindle your
own fire.**

- Amy Ippoliti



STEP 1: MOVE YOUR BODY (10 MINUTES)

“Caring for your body,
mind, and spirit
is your greatest and
grandest responsibility.
It's about listening to
the needs of your soul
and then honoring
them.”
-Kristi Ling



Our bodies are meant to move. Listen to your body and move in ways that feel good to you. Here are some ideas for ways to move your body:

- Stretch
- Go for a Walk
- Do Some Yoga

NOTES

STEP 2: MEDITATE & JOURNAL (10 MINUTES)

**True Self Care is taking care of the
whole person. Body. Mind. And Spirit.**
- Catherine Wilde



MEDITATE (5 MINUTES)

Spend 5 minutes in mediation - Sit comfortably.
You may choose to set a timer and sit in silence, or you
may like to listen to some instrumental music or a
guided meditation.

JOURNAL (5 MINUTES)

Use the next 5 minutes to reflect and write down any
wisdom or insights that came up for you. You may also
like to write down some things you are grateful for.

NOTES

STEP 3: FOLLOW YOUR BLISS (10 MINUTES)

**Take time to do
what makes your
soul happy.**

- Unknown



Spend some time doing something you enjoy. Follow your interests and passions. Here are some ideas:

- Take a Walk in Nature
- Take a Bubble Bath
- Draw, Paint, or Color
- Enjoy a Cup of Tea
- Read a Good Book

NOTES

CELEBRATE & REFLECT

YOU DID IT!

You have taken the time to refresh yourself and show yourself love, you are ready to start your day and share your love with the world!

Consistency is key. When you practice self care you are really practicing self love. When you practice self love that love will fill you up and flow out to your loved ones and the rest of the world.



**Nothing can dim the
light which shines
from within.**

- Maya Angelou

SOUL CARE MOM RESOURCES

I HOPE THIS MORNING ROUTINE GUIDE
HAS HELPED YOU TO BRING MORE
BALANCE AND SOUL CARE TO YOUR
MORNINGS.

BE SURE TO CHECK OUT OUR OTHER SOUL
CARE RESOURCES!

XOXO

CATHERINE

*TREAT YOURSELF TO SOME MORE
SOUL CARE & LOVE!*

KICKSTART YOUR CALM MORNING
RITUAL FOR MOMS

50 SOUL NOURISHING SELF CARE
PRACTICES FOR MOMS

SIMPLE SELF CARE - 7 DAY
COURSE FOR MOMS