



Kickstart

Your

Calm

Morning



A Self Care Morning Ritual for Moms

5 Simple Steps You Can Do
BEFORE YOU EVEN GET OUT OF BED

Self Care Morning Ritual for Moms

GOOD MORNING, BEAUTIFUL MAMA!

Wait, don't get out of bed yet.

Follow these 5 simple steps to help you feel calm, so you can enjoy your day with your kids.

Step 1 - Breathe

Take 5 deep calming breaths.

Step 2 - Smile

Allow your lovely smile to light your face.

Step 3 - Practice Gratitude

Find at least one thing you are truly grateful for today.

Step 4 - Choose a Mantra

Come back to your mantra anytime you feel frustrated or overwhelmed, to help you find your calm again.

Here are some ideas:

- *Just Breathe*
- *I've Got This*
- *I Am Enough*
- *I Choose Love*
- *I Give Myself Permission to Slow Down*

Step 5 - Set an Intention

Set an intention to do something just for you today.

Here are some ideas:

- *Put on Some Music & Dance*
- *Make a Cup of Tea*
- *Read a Book*
- *Do Some Yoga*
- *Sit in the Sunshine*
- *Go For a Walk*
- *Take a Bubble Bath*
- *Meditate & Journal*

**REPEAT THIS RITUAL EVERY MORNING TO
INFUSE YOUR DAYS WITH CALM.**

MORE RESOURCES FOR YOU

Hi Beautiful Mama, I hope this self care morning ritual has helped to bring more calm into your days.

If you are looking for more support on your self care journey, here are some resources for you!

[Self Care Resources for Moms](#)
[Simple Self Care Course for Moms](#)
[1:1 Coaching](#)

XOXO
Catherine