

Mama Be Well

SHARE THE (SELF) LOVE

#MAMABEWELL

FEB 1ST: DIVE INTO A NEW BOOK

Journal Entry

Jot down 5 things you love about your body.

FEB 2ND: ORGANIZE YOUR DRESSER DRAWERS

Journal Entry

Jot down 5 things that bring you joy.

FEB 3RD: BUY A FACE MASK OR MAKE ONE

Journal Entry

Jot down 5 things you hope to achieve in 2018.

FEB 4TH: DRY BRUSH

Journal Entry

Jot down 5 things you've already accomplished this year.

FEB 5TH: TAKE AN EPSOM SALT BATH

Journal Entry

Jot down 5 memories you want to make with your family in 2018.

FEB 6TH: SPEND AT LEAST 10 MINUTES OUTSIDE

Journal Entry

Jot down 5 things you love about your partner.
Are you a single mama or separated?
Jot down 5 things you love about your strength.

FEB 7TH: CALL A FRIEND

Journal Entry

Jot down 5 things you love about your child(ren).

MY MANTRA OF THE WEEK

WHAT I LOVE ABOUT MYSELF

WEEKLY INTENTIONS

CHECKLIST

DAILY JOURNAL



DAILY MEDITATION



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FEB 8TH: SCHEDULE DOCTOR APPOINTMENTS

Journal Entry

Jot down 5 things you are grateful for.

FEB 9TH: ORGANIZE YOUR DESK OR HOME OFFICE

Journal Entry

Jot down 5 things you love about your home.

FEB 10TH: ORGANIZE YOUR FINANCES

Journal Entry

Jot down 5 things you want to accomplish tomorrow.

FEB 11TH: DIGITAL DETOX!

Journal Entry

Jot down 5 things you know people like about you.

FEB 12TH: TRY A NEW RECIPE

Journal Entry

Jot down 5 of your favorite things.

FEB 13TH: GET DOLLED UP

Journal Entry

Jot down 5 books you want to read this year,
or 5 podcasts you want to listen to.

FEB 14TH: SPLURGE, MAMA!

Journal Entry

Jot down 5 things you love about yourself.

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