

MOMMY DETOX PLAN

<p>Go the entire day without raising your voice</p> <p>Stay offline</p> <p>Exercise/ worksheets/meditate</p>	<p>Invite kids to cook with you</p> <p>Fill out a new "Create A New Dream" worksheet</p> <p>Exercise/ worksheets/meditate</p>	<p>Read a funny book with your kids & laugh together</p> <p>Declutter your digital life</p> <p>Exercise/ worksheets/meditate</p>	<p>While your child is talking today, put aside everything & give them your full attention</p> <p>No complaint day</p> <p>Exercise/ worksheets/meditate</p>	<p>Take your kids for a walk & talk about how much you love them</p> <p>Identify your 3-6 main priorities</p> <p>Exercise/ worksheets/meditate</p>
<p>Turn on some music & have a dance party</p> <p>Follow a morning ritual</p> <p>Exercise/ worksheets/meditate</p>	<p>Look thru photos & special keepsakes, let your child know they matter to you</p> <p>Streamline your reading list</p> <p>Exercise/ worksheets/meditate</p>	<p>Hugs all day</p> <p>Fill out "Self-Limiting Beliefs" worksheet</p> <p>Exercise/ worksheets/meditate</p>	<p>Everyone off of electronics! Play board games, do crafts, go outside</p> <p>Downsize your beauty collection</p> <p>Exercise/ worksheets/meditate</p>	<p>Make one-on-one time with each child today</p> <p>No email or social media until lunch</p> <p>Exercise/ worksheets/meditate</p>
<p>Go in your child's room & talk/play in their area</p> <p>Evaluate your commitments</p> <p>Exercise/ worksheets/meditate</p>	<p>Switch roles for an hour, let your child be the parent</p> <p>Define your goals</p> <p>Exercise/ worksheets/meditate</p>	<p>Accept all of your child's emotions as "theirs" without correcting them</p> <p>Clean out your closet</p> <p>Exercise/ worksheets/meditate</p>	<p>Pull out some "coffee table" books or maps, sprawl out & enjoy them</p> <p>Turn off notifications</p> <p>Exercise/ worksheets/meditate</p>	<p>Garden or play in the dirt together, get messy</p> <p>Examine your daily habits</p> <p>Exercise/ worksheets/meditate</p>
<p>Offer genuine praise today, notice when someone tried hard or accomplished something</p> <p>Don't buy anything for 24 hours</p> <p>Exercise/ worksheets/meditate</p>	<p>Give each child your full attention when they talk today</p> <p>Practice single tasking</p> <p>Exercise/ worksheets/meditate</p>	<p>Teach your kids jump rope rhymes</p> <p>Unfollow & unfriend</p> <p>Exercise/ worksheets/meditate</p>	<p>Work a puzzle together & chat about whatever is on their minds</p> <p>Go for a walk & practice mindfulness</p> <p>Exercise/ worksheets/meditate</p>	<p>Use positive words, rather than "don't run" say "walk, please"</p> <p>No TV all day, read instead</p> <p>Exercise/ worksheets/meditate</p>
<p>Draw on the sidewalk with chalk together</p> <p>Journal for 20 mins</p> <p>Exercise/ worksheets/meditate</p>	<p>Plan & carry out "pay it forward" types of kindness</p> <p>Create a relaxing bedtime routine</p> <p>Exercise/ worksheets/meditate</p>	<p>Give each child one-on-one time today</p> <p>Clean out a junk drawer</p> <p>Exercise/ worksheets/meditate</p>	<p>Let your children make choices, from meals to activities</p> <p>Identify your stress triggers</p> <p>Exercise/ worksheets/meditate</p>	<p>Always say "please" and "thank you"</p> <p>Leave a whole day unplanned</p> <p>Exercise/ worksheets/meditate</p>