

"ANY DAY SPENT WITH YOU IS MY FAVORITE DAY.
SO, TODAY IS MY NEW FAVORITE DAY." - POOH

today

TOP 3 GOALS FOR THE DAY:

3 THINGS I'M GRATEFUL FOR:

TASKS FOR:

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TASKS FOR:

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TASKS FOR:

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TAKE CARE OF YOURSELF:

- DRINK PLENTY OF WATER
- EAT 2 C OF FRUIT
- EAT 2.5 C VEGGIES
- ALONE TIME TO RECHARGE
- 15 MINS QUALITY TIME WITH EACH CHILD
- HUG YOUR PARTNER
- STRETCH/EXERCISE

BREAKFAST:

LUNCH:

DINNER: