



Joyfully Present

MOTHERHOOD



- 1 Take your supplements – your body needs that daily support.
- 2 Wear the same workout clothes all week – less laundry, less stress 🧘🧘
- 3 Plan the same breakfast and lunch every day for the week – eliminate decision fatigue.
- 4 Drink a gallon of water a day – your energy, skin, and mood will thank you.
- 5 Stop scrolling at bedtime – get the sleep you NEED, so you can wake up ready to pour into your family and walk in the strength God provides.
- 6 Move your body daily – even 20–45 minutes of exercise lifts your mood and honors the temple God gave you.
- 7 Keep snacks simple – fruit, nuts, or veggies ready-to-go save you from grabbing processed junk.
- 8 Meal prep on Sundays – a little planning gives you peace during the week and more time with your family.
- 10 Give yourself grace – perfection isn't the goal, consistency is.

