



24 Little Things to Try

For the woman behind "Mom."

1.

Start a journal. Write one sentence about your day.

2.

Try a hairstyle you don't usually wear.

3.

Take a 5-minute no-phone break when overwhelmed.

4.

Take an unhurried shower.

5.

Go for a short phone-free walk.

6.

Make a playlist of songs that lift your mood.

7.

Write 3 things you want more of in your life.

8.

Try a new tea, coffee, smoothie or drink.

9.

Sit somewhere different with your morning drink.

10.

Spend 10 minutes doing something you enjoyed before motherhood.

11.

Keep your phone away for the first 15 minutes of your morning.

12.

Tidy one tiny personal space.

13.

Wear something you usually save for a special occasion.

14.

Write down one thing that made you laugh today.

15.

Do a gentle 5-minute warm-up.

16.

Have your favorite snack without multitasking.

17.

Take a quiet walk. No phone, music or podcast.

18.

Write one thing you're proud of yourself for.

19.

Do your skincare or haircare slowly today.

20.

Put on music while getting ready instead of scrolling.

21.

Spend 20 minutes learning or exploring something you like.

22.

Choose 5 favorite photos from this year.

23.

Finish this sentence: "Next year, I want more..."

24.

Choose your 3 favorite ideas from this calendar to keep.

