

30-Day "1 Thing" Challenge

checklist

- Woke up before the kids for 5 mins of peace
- Said no to something I usually say yes to
- Did a brain dump to stop spiraling
- Drank water before coffee (for once)
- Asked for help (even though it's hard)
- Let go of cleaning one thing today
- Ate lunch sitting down
- Gave the kids screen time without guilt
- Left a laundry basket full - on purpose
- Took 3 deep breaths instead of snapping
- Made a to-do list – and crossed off 1 thing
- Walked outside for 10 minutes
- Made my bed and felt like Beyoncé
- Texted a friend instead of doomscrolling
- Played with my kid(s) for 15 mins, fully present
- Ate a snack before I got hangry
- Did a brain reset in the car alone
- Bought something just for me (even \$5)
- Wrote down one win in my planner
- Put on a cute outfit just for me
- Did the dishes early to avoid late-night stress
- Prepped a snack bin to avoid chaos
- Watched a show without multitasking
- Used my printable planner today
- Did nothing during nap time – on purpose
- Shared a moment of gratitude with my kids
- Left a mess because connection mattered more
- Talked back to my inner critic
- Gave myself permission to rest
- Celebrated making it through the month 🎉