

Welcome to Your Mom Balance Starter Kit

This is your space to reset, refocus, and remind yourself that balance doesn't mean perfection.

It means supporting your well-being in ways that actually work for real life. Let's do this – one small win at a time!



www.momaimingforbalance.com

Balance *Check-In*

Date: _____

S M T W T F S

What do I need more of today?

What can I let go of today?

One thing I **actually** want to do just for me?

How is my energy today?

One win for today - even if it's tiny?



Simple Daily *Rhythm*

Date: _____

S M T W T F S

Morning:

- Stretch _____
- Sip _____
- Scroll (guilt-free) _____

Afternoon:

- Step Outside _____
- Take a deep breath _____
- Eat Lunch Sitting Down _____

Evening:

- 5 Mins Alone-Time _____
- One thing that went well _____
- tea/wine/cocoa _____



Mom Guilt *Reset*

Date: _____

S M T W T F S

Reminders:

If they're loved, you're doing enough.

Resting is productive.

I won't compare my journey to other's.



Affirmations:

I release pressure and choose grace.

My needs matter too.

Perfect is not required.

Tiny Wins *Tracker*

Date: _____

S M T W T F S

Celebrate Your Victories!

- I drank my coffee hot.
- I took a breath before answering.
- I said no and didn't explain why



I'll leave this for tomorrow:
