

Let's get organized together Mama!



**Tackle goals, let out stressors and
work on some self-care with this
weekly printable**

***Enjoy this Free Download from your
mama friends at:
mom culture***

YOU'VE GOT THIS MAMA

Take it one day at a time!

GOALS FOR THIS WEEK

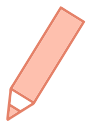
#TIP DO WHAT YOU CAN AND LET THAT BE ENOUGH MAMA.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

THINGS TO REMEMBER #TOUCHITONCE

INSPIRATION & BRAIN DUMP CORNER

WRITE OUT WHAT'S ON YOUR MIND, STRESSORS AND MORE #LETITOUTMAMA



WEEKLY SCHEDULE PLANNER



mom culture

MONTH

WEEK NO.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

LET'S GET THINGS DONE TODAY!

MEALS:



BREAKFAST

LUNCH

DINNER

PRIORITIES

APPOINTMENTS

WORDS TO LIVE BY



THINGS THAT CAN WAIT

WATER



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CLEAN THE HOUSE



THINGS TO BUY



NOTES



LET'S GET THINGS DONE TODAY!

MEALS:



BREAKFAST

LUNCH

DINNER

PRIORITIES

APPOINTMENTS

WATER



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CLEAN THE HOUSE



WORDS TO LIVE BY



THINGS THAT CAN WAIT

THINGS TO BUY



NOTES



LET'S GET THINGS DONE TODAY!

MEALS:



BREAKFAST

LUNCH

DINNER

PRIORITIES

APPOINTMENTS

WORDS TO LIVE BY “

THINGS THAT CAN WAIT

WATER



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CLEAN THE HOUSE



THINGS TO BUY



NOTES



LET'S GET THINGS DONE TODAY!

MEALS:



BREAKFAST

LUNCH

DINNER

PRIORITIES

APPOINTMENTS

WORDS TO LIVE BY



THINGS THAT CAN WAIT

WATER



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CLEAN THE HOUSE



THINGS TO BUY



NOTES



WEEKLY SHOPPING LIST



MAKE SURE TO BUY...

A vertical orange bar on the left side of the page serves as a margin. To its right, there are 15 horizontal light pink bars, each providing a line for writing items on the shopping list.



SELF-CARE ACTS THIS WEEK

- Drink Water
- Take a soak in the tub
- Read
- Treat yourself to a coffee or tea
- Call a friend
- Take a walk
- Do 15 minutes of meditation
- Listen to music
- Rediscover a hobby
- UNPLUG for the day
- Clear out one bag of clutter
- Watch a sunset
- Create a vision board
- Try yoga or a new workout
- Make a comfort meal
- Have a dance party
- Listen to a podcast
- Sit in the sun
- Have lunch with a friend
- Journal
- Paint your nails or get a pedi
- Do a face mask
- Work on a personal project
- Chat in the Mom Culture VIP Group!

MAKE SURE TO...

**Aim to drink 7-8 glasses of water mama ('cause dehydration is no fun!)
Mama needs to hydrate.**

**Move it even if it's hard.
Try to move at least 15-30 minutes every day.
It's the best for you and your family!**

**Plan ahead if you can. Crockpot meals and leftovers
make the week so much easier mama!
If you eat cereal for dinner, who cares?
Somedays you gotta just survive.**

**Try to get sleep! We know it's a struggle, but
try and get it any way you can!
#raisingtinymomsexhausting**

ASK FOR HELP

**Most of all remember you can't
pour from an empty cup so do a few small
things each week just for YOU mama!**