



The
Mindful Mother's
Planner Journal



This mindful mother's planner journal was created for busy moms who want to make sure their focus is where it needs to be. Raising our children comes first, but we must also take care of ourselves and our households and have time to serve and contribute to other worthy causes. Life comes with many seasons. It's easy to feel that nothing is being accomplished, but much more is happening than we sometimes realize.

Planning and assessing gives us direction and also allows to look back and see how much we've actually accomplished. In the season of baby and toddler raising, taking a shower may be one of the few things on our to do list and we may feel good just making it through the day keeping everyone fed and clean.

Later seasons we may feel like we are losing our children as they become the independent people we raised them to be, then we may have more time to pursue other interests, while still being available to our growing kids.

Through it all we want to maintain relationships with other loved ones, friends and family and keep our spouses top of mind. These things don't happen by accident. They must be thought about and planned and adjusted and acknowledged.

Sometimes our priorities are off, sometimes things need to be changed. It is my hope that this planner will be a tool that helps you improve and also recognize the good that you do! I also hope it will help you remember appointments and keep your house ordered and peaceful.

There are calendars, weekly schedules, assessment pages, meal planning, budget planning and blank pages for whatever you need. Each book works for 4 months, start anytime- you fill in the actual dates. Make it yours!

Thank you for your purchase!! I hope this planner helps you a lot!!

Love, Amber Semerau
www.edpursuits.com

Key Areas of Life Planning

assessment and goals - rate 1-10

FINANCES

HEALTH

ROMANCE

HOUSEHOLD

CHILDREN

WORK/CAREER

SPIRITUALITY

PURPOSE

HOUSEHOLD

RELATIONSHIPS

PERSONAL GROWTH

HABITS

MONTHLY Planner

MONTH _____

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

TO DO

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

GOALS

- _____
- _____
- _____
- _____

NOTES

WEEKLY SCHEDULE

Week: _____

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|--------|--------|---------|-----------|----------|--------|----------|
| 6 am | | | | | | | |
| 7 am | | | | | | | |
| 8 am | | | | | | | |
| 9 am | | | | | | | |
| 10 am | | | | | | | |
| 11 am | | | | | | | |
| 12 pm | | | | | | | |
| 1 pm | | | | | | | |
| 2 pm | | | | | | | |
| 3 pm | | | | | | | |
| 4 pm | | | | | | | |
| 5 pm | | | | | | | |
| 6 pm | | | | | | | |
| 7 pm | | | | | | | |
| 8 pm | | | | | | | |
| 9 pm | | | | | | | |
| 10 pm | | | | | | | |

Notes:

MONTHLY BUDGET PLANNER

Budget Goal: _____

Month: _____

Income

| Date | Description | Amount |
|-------|-------------|--------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total | | |

Fixed Expenses

| Date | Description | Amount |
|-------|-------------|--------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total | | |

Other Expenses

| Date | Description | Amount |
|-------|-------------|--------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total | | |

Bills

| Date | Description | Amount |
|-------|-------------|--------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total | | |

Recap

| | Goal | Actual | Difference |
|--------|------|--------|------------|
| Earned | | | |
| Spent | | | |
| Debt | | | |
| Saved | | | |

Weekly MEAL PLANNER

| | Breakfast | Lunch | Dinner |
|-----|-----------|-------|--------|
| Mon | | | |
| Tue | | | |
| Wed | | | |
| Thu | | | |
| Fri | | | |
| Sat | | | |
| Sun | | | |

Dates

Shopping List

Snacks

MONDAY _____

Meals: _____ Exercise: _____
_____ Sleep Quality: _____
_____ Mood: _____

Water: ●●●●●●●●

I'M GRATEFUL FOR:

THOUGHTS/ SCRIPTURES

HOW DO I FEEL TODAY?

TUESDAY _____

Meals: _____ Exercise: _____
_____ Sleep Quality: _____
_____ Mood: _____

Water: ●●●●●●●●

I'M GRATEFUL FOR:

THOUGHTS/ SCRIPTURES

HOW DO I FEEL TODAY?

WEDNESDAY _____

| | |
|--------|----------------|
| Meals: | Exercise: |
| _____ | _____ |
| _____ | Sleep Quality: |
| _____ | _____ |
| | Mood: _____ |

Water: ●●●●●●●●

I'M GRATEFUL FOR:

THOUGHTS/ SCRIPTURES

HOW DO I FEEL TODAY?

THURSDAY _____

| | |
|--------|----------------|
| Meals: | Exercise: |
| _____ | _____ |
| _____ | Sleep Quality: |
| _____ | _____ |
| | Mood: _____ |

Water: ●●●●●●●●

I'M GRATEFUL FOR:

THOUGHTS/ SCRIPTURES

HOW DO I FEEL TODAY?

FRIDAY _____

Meals: _____

Exercise: _____

Sleep Quality: _____

Mood: _____

Water: ●●●●●●●●

I'M GRATEFUL FOR:

THOUGHTS/ SCRIPTURES

HOW DO I FEEL TODAY?

SATURDAY _____

Meals: _____

Exercise: _____

Sleep Quality: _____

Mood: _____

Water: ●●●●●●●●

I'M GRATEFUL FOR:

THOUGHTS/ SCRIPTURES

HOW DO I FEEL TODAY?

SUNDAY _____

I'M GRATEFUL FOR:

THOUGHTS/ SCRIPTURES

HOW DO I FEEL TODAY?

Meals:

Exercise:

Sleep Quality:

Mood:

Water: ●●●●●●●●

WEEK REVIEW

ACHIEVEMENTS

THOUGHTS

30-DAY SELF-CARE Challenge

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|------------------------------|-------------------------------|------------------------------|-----------------------------------|---------------------------------|
| Go on a Leisurely Walk Alone | Declutter 10 Items | Meditate for 5 minutes | Be Good to Someone You Love | Go on a hike in nature |
| DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 |
| Take some extra quiet time | Listen to some favorite music | Do a Random Act of Kindness | Give a dog or cat some extra love | Make something pretty |
| DAY 11 | DAY 12 | DAY 13 | DAY 14 | DAY 15 |
| Try Something New | Find a Quiet Spot and Read | Do 10 minutes of stretching | Do 10 minutes of yoga | Meditate for 10 Minutes |
| DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 |
| Create a Morning Routine | Unplug for 12 hours | Do something spontaneous | Eat some extra veggies | Write 3 Intentions for Yourself |
| DAY 21 | DAY 22 | DAY 23 | DAY 24 | DAY 25 |
| Create a Bedtime Routine | Start Your Day With Gratitude | Identify Three Stressors | Send a "Thank You" Note | Engage in Self-Reflection |
| DAY 26 | DAY 27 | DAY 28 | DAY 29 | DAY 30 |
| Journal for 10 minutes | Call a friend | Give Yourself a Daily Facial | Watch sunset or sunrise | Make a Wish |

30-DAY GRATITUDE
Write something extra special each day

Challenge

A grid of 30 gray circles arranged in 6 rows and 5 columns, intended for writing daily gratitude notes.