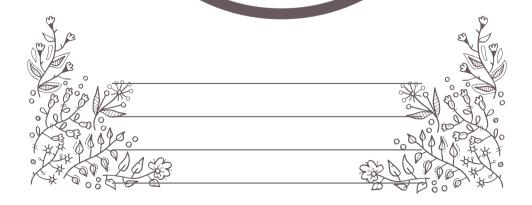


The Mindful Mother's Planner Journal



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 Greas of Life Planning assessment and goals - rate 1-10

FINANCES	HEALTH	ROMANCE
HOUSEHOLD	CHILDREN	WORK/CAREER
SPIRITUALITY	PURPOSE	HOUSEHOLD
RELATIONSHIPS	PERSONAL GROWTH	HABITS

notes/goals		

notes

MONTHLY Planner

MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN
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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							
I0 pm							
	Notes:						

MONTHLY BUDGET PLANNER

Budget Goal:			_	Month:		
Income				Fixed Expense	rs.	
Date	Description	Amount		Date	Description	Amount
Takal				T		
Total	<u> </u>		l	Total		
Other Expense	٥.			Bills		
Date	Description	Amount		Date	Description	Amount
	<u> </u>					
	<u> </u>					
Total				Total		
	1		ı			
Recap					1	1
	Goal	<i>A</i>	Actua	al	Differe	nce
Earnt						
Spent						
Debt						
Saved						

Weekly MEAL PLANNER

	Breakfast	Lunch	Dinner
Mon			
Aue			
Wed			
Пт			
Α'n			
Sat			
ums			

Shopping List	
Snacks	
	•••
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Dates

MONDAY		I'M GRATEFUL FOR:
		THOUGHTS/ SCRIPTURES
Meals: Water:	Mood:	HOW DO I FEEL TODAY?
TUESDAY		I'M GRATEFUL FOR:
		THOUGHTS/ SCRIPTURES
Meals: Water:	Mood:	HOW DO I FEEL TODAY?

	Sleep Quality: Mood:	
Meals:	Exercise:	HOW DO I FEEL TODAY?
		THOUGHTS/ SCRIPTURES
	Mood:	I'M GRATEFUL FOR:
Meals:	Exercise: Sleep Quality:	HOW DO I FEEL TODAY?
		THOUGHTS/ SCRIPTURES

FRIDAY		I'M GRATEFUL FOR:
		THOUGHTS/ SCRIPTURES
Meals: Water:	Mood:	HOW DO I FEEL TODAY?
SATURDAY		I'M GRATEFUL FOR:
		THOUGHTS/ SCRIPTURES
Meals: Water:	Mood:	HOW DO I FEEL TODAY?

SUNDAY		
		I'M GRATEFUL FOR:
		THOUGHTS/ SCRIPTURES
	Exercise: Sleep Quality: Mood:	HOW DO I FEEL TODAY?
	WEEK REVIEW	
ACHIEVEMENTS		THOUGHTS

30-DAY SELF-CARE Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Go on a Leisurely Walk Glone	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 prettig
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try Something New	Find a Quiet Spot and Read	Oc 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	Oo 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 Pay 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 Vaily Facial	Watch sunset or sunrise	Make a Wish

30-DAY GRATITUDE Challenge Write something extra special each day

