

Mommy Takes 5

10 Day Self Care Course Workbook

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Day 1

Daily Affirmation:

I am worthy of taking this time for myself!

In the next 10 days my goal is to spend _____ minutes on self care each day.

12 Self Care ideas I plan on exploring

1

2

3

4

5

6

7

8

9

10

11

12

Day 2

Daily Affirmation:

I am a fantastic mother and wife.

Today I plan to: _____

When I practice self care I strive to:

4 things I am working on changing within myself:

1.

2.

3.

4.

Day 3

Daily Affirmation:
I deserve this time to focus on myself.

Today I plan to: _____

What is your greatest victory this week?:

4 things I want my kid(s) to remember about
their mother:

1

2

3

4

Day 4

Daily Affirmation:

I will respect who I am inside doing the things I really need.

Today I plan to: _____

What will connect me with who I am inside?:

4 things I struggle with when trying to connect to the true me:

1

2

3

4

Day 5

Daily Affirmation:

I will not stress over things I cannot control.

Today I plan to: _____

What is my greatest challenge this week?:

4 things I can do to reduce stress in my life :

1

2

3

4

Day 6

Daily Affirmation:
I am beautiful.

Today I plan to: _____

What makes me feel best about myself?:

4 things I can do to make myself feel better
about who I am today:

1

2

3

4

Day 7

Daily Affirmation:
I am the best mom to my kid(s).

Today I plan to: _____

How does self care make me feel?:

4 things I love about taking a little 'me time':

1

2

3

4

Day 8

Daily Affirmation:
I am worthy of loving myself.

Today I plan to: _____

What can I do to show myself more love?:

4 things I love about myself:

1

2

3

4

Day 9

Daily Affirmation:

When I fall, I get back up and continue on.

Today I plan to: _____

What are my biggest struggles when it comes to self care??:

4 ways I can work through these struggles:

1

2

3

4

Day 10

Daily Affirmation:

I have this self-care thing under control.

Today I plan to: _____

What is my greatest achievement over the past 10 days??:

4 goals I have for my self-care going forward:

1

2

3

4