













# 10-MINUTE Mom Reset Tracker

A PEACEFUL START. A BETTER YOU. A BETTER DAY.

## BEFORE THE DAY GETS LOUD...

-  Drink a glass of water
-  Wash face / skincare
-  Deep breathing (1 minute)
-  Write today's top 3 priorities
-  No phone scrolling for 10 mins
-  Quick tidy-up
-  Tea/coffee in silence
-  Say one positive thing to yourself
-  Stretch your body
-  Smile before waking the kids



Today, I choose  
*me too.*



 Calm mind.  
Happy heart.  
Better day.





NOTES & REMINDERS

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*Done is enough.  
Calm counts too.* 

