



BLOOM to and through  
motherhood

**7 Day**  
**Self Care Plan**  
**For Mothers**

Andrea R. Arauco, LCSW

[www.mamayinbloomcounseling.com](http://www.mamayinbloomcounseling.com)

# TODAY IS MY DAY BECAUSE I'M IMPORTANT

Monday

Today I'm excited about:

Today I'm grateful for:

Today I will focus on:

3 things I will do for ME  
today is:

Mind:

Body:

Soul:

## Daily Affirmation:

Today I will find peace in being good enough  
because there is no such thing as being perfect.

[www.mamayinbloomcounseling.com](http://www.mamayinbloomcounseling.com)

# TODAY IS MY DAY BECAUSE I'M IMPORTANT

Tuesday

Today I'm excited about:

Today I'm grateful for:

Today I will focus on:

3 things I will do for ME  
today is:

Mind:

Body:

Soul:

## Daily Affirmation:

One bad day doesn't make me a bad mom, It makes me human.

[www.mamayinbloomcounseling.com](http://www.mamayinbloomcounseling.com)

# TODAY IS MY DAY BECAUSE I'M IMPORTANT

Wednesday

Today I'm excited about:

Today I'm grateful for:

Today I will focus on:

3 things I will do for ME  
today is:

Mind:

Body:

Soul:

## Daily Affirmation:

I accept my circumstances and I'm determined to  
make the most of today.

[www.mamayinbloomcounseling.com](http://www.mamayinbloomcounseling.com)

**TODAY IS MY DAY  
BECAUSE I'M  
IMPORTANT**

Thursday

Today I'm excited about:

Today I'm grateful for:

Today I will focus on:

3 things I will do for ME  
today is:

Mind:

Body:

Soul:

**Daily Affirmation:**

I am what my child needs, worrying about what other people think hinders me instead of helping me.

[www.mamayinbloomcounseling.com](http://www.mamayinbloomcounseling.com)

# TODAY IS MY DAY BECAUSE I'M IMPORTANT

Friday

Today I'm excited about:

Today I'm grateful for:

Today I will focus on:

3 things I will do for ME  
today is:

Mind:

Body:

Soul:

## Daily Affirmation:

The challenges that I face make me a resilient and stronger mother.

[www.mamayinbloomcounseling.com](http://www.mamayinbloomcounseling.com)

**TODAY IS MY DAY  
BECAUSE I'M  
IMPORTANT**

*Saturday*

Today I'm excited about:

Today I'm grateful for:

Today I will focus on:

3 things I will do for ME  
today is:

Mind:

Body:

Soul:

**Daily Affirmation:**

*I release my stress and welcome calmness with open arms.*

# TODAY IS MY DAY BECAUSE I'M IMPORTANT

Sunday

Today I'm excited about:

Today I'm grateful for:

Today I will focus on:

3 things I will do for ME  
today is:

Mind:

Body:

Soul:

**Daily Affirmation:**

I will do my best and that will always be enough.

# SELF-CARE IDEAS

Be still and deep breath  
Take a break from technology  
Stretch or do yoga

Make sure you are eating a well balanced diet

Take a nap

Netflix binge

Make a no complain list

Workout

Take a warm bath/shower

Meditate

Listen to music you enjoy

Indulge on desert

Journaling

Read a good book

Plant a garden

Buy yourself a little something

Light candles

PJ night

Learn something new

Practice gratitude

Look at photos/scrapbook

Go for a walk/hike

Connect spiritually

Get a mani/pedi



**Nourishing yourself in a  
way that helps you  
blossom in the direction  
you want to go is  
attainable, and you are  
worth the effort**

**-Deborah Day**

Copyright  
All Rights Reserved

[www.mamayinbloomcounseling.com](http://www.mamayinbloomcounseling.com)