



# BALANCINGact

## SELF-CARE CHALLENGE FOR MAMAS

Try these 8 challenges to start living mindfully today

### Morning

01

#### Speak Your Morning Mantra

Look at yourself in the mirror when you wake up and say the following aloud:

**“I love and accept myself exactly the way I am.”**

Repeat this until it sinks in and you believe it in your core.

02

#### Hydrate for Health

Before your morning coffee, kickstart your body with a warm cup of water with lemon.

Lemon water aids digestion, relieves anxiety and is great for your immunity, so always keep a few lemons in the fridge!

03

#### 10-15 Minute Meditation

Set the tone for your day with a short meditation any time before 12pm. Now, if you've never meditated before, don't tune me out. Every change in your life begins with clarity of thought. So nurturing your mind is the first step toward manifesting positivity. Think of meditation as your 10-minute oasis (and check out the app **Insight Timer** for some great guided meditations to get you started.)

04

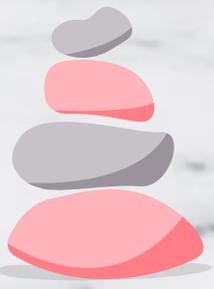
#### Prioritise Movement

Schedule your daily workout as you would a meeting. Even if it's only for 20 minutes, lock in time to dance, run, do yoga or any other fun form of movement you can look forward to!

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### Afternoon/Night

**05**

#### Emotions Check-in

It's easy to disconnect from ourselves emotionally — especially if we're busy. So check in with yourself. What are you feeling? Explore some of these options and see if any speak to you:

- Loving
- Amused
- Lonely
- Jealous
- Depleted
- Comfortable
- Alert
- Depressed
- Insecure
- Aroused
- Relieved
- Resentful
- Suspicious
- Radiant
- Wistful
- Grieving
- Guarded
- Safe

**06**

#### Journal Your Desires

Desire is where manifestation begins, so get writing! Start by asking how you would like to feel. Next, consider the experiences that would bring about these feelings. Here are some ideas to get you started:

- Returning to work
- Bringing more romance to your relationship
- Starting your dream business
- Gaining a new qualification
- Sparking more joy in your schedule

**07**

#### Random Act of Kindness

It's great to have desires, but it's important to spread the love, too! As you begin to receive from your list of desires, keep the energy of giving-and-getting flowing by performing a random act of kindness today.

**08**

#### Nourish Yourself

As mums, there's a temptation to snack on the go. But mealtimes are the perfect opportunities to develop our mindfulness practice. Sit down and enjoy each bite slowly and intentionally. Taste the flavours and feel the textures on your tongue.

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