

REMINDER CARDS FOR THE TIRED MAMA

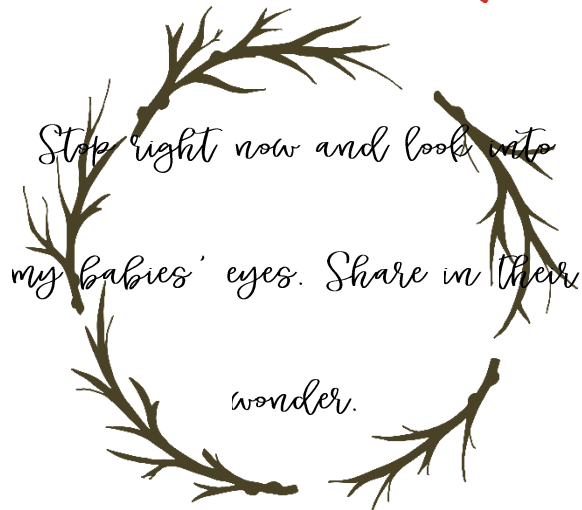
Have I rested today?

At _ o'clock, we're going to retreat to our bedrooms for one hour. I'm going to light a candle and rest because I know we'll all be happier because of it.



Today I'm logging off social media.

The comparison game is too hard to play today and my kids deserve a focused mama. And I deserve some focus, too.



Have I stopped to ponder on all that I've been blessed with today?

Because I am so blessed.

And I'm going to turn that thankfulness into joy.

Starting now.

