

## WARRIOR MOM DAILY SELF-CARE VITALITY LIST

# Checklist

PRINT THIS OUT, STICK IT ON THE FRIDGE, OR  
TAPE IT TO YOUR BATHROOM MIRROR.

- Hydrate First: Drink 12 to 16 ounces of water before your first cup of coffee.

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- Fuel Early: Eat a protein-forward snack within two hours of waking to steady your blood sugar.

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- Reset Your Rhythm: Step outside for 5 minutes. Daylight and fresh air help regulate your circadian rhythm.

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- Calm Your Core: Do 2 minutes of slow breathing (aim for a longer exhale than inhale to signal safety to your brain).

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- Functional Movement: Move your body for ten minutes. A quick walk or basic stretching counts.

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- Define Your Space: Write one boundary sentence in a journal (e.g., "I am not available for non-emergencies during my lunch break.").

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- Evening Reflection: Track one "mood word" each night to identify patterns over time.

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The Warrior Mindset: You don't have to be perfect to be powerful.  
Check off one item right now, then let the next tiny win follow when you're ready.