

# My Mama Plan

## PLAYSHEET

It's helpful for your brain to have a flexible plan of the day so the important things don't get missed. Morning, afternoon and evening rituals can help you connect with yourself and your child in meaningful ways.

### *Exercise:*

Design a mama plan that includes all the things that are important to YOU & YOUR CHILD (include extraordinary self-care fill-ups and 'green juice for your child's brain' strategies)

### MORNING

AFTERNOON

EVENING

## Exercise:

What other extraordinary self-care fill-ups and 'green juice for your child's brain' strategies would you plan to use on a WEEKLY basis? (Eg. Date night with your partner, exercise class or creative date with yourself).

List below and put in your calendar for ACTION.