



mothers group online

Sunday CHECK LIST

- PLAN YOUR WEEK (CHECK WEEKEND COMMITMENTS)
- JOURNAL / READ FOR 10 MINUTES
- WRITE DOWN YOUR MEAL PLANS
- CHECK YOU HAVE GROCERIES
- WASH AND CHANGE BEDDING
- GO FOR A WALK / OUTSIDE
- DO SOMETHING FUN!
- MAKE COFFEE AND REMEMBER TO DRINK COFFEE
- TAKE 5 MINUTES FOR YOURSELF
- DO SOME BAKING!
- MAKE A TEA BEFORE BED
- ORGANISE SCHOOL BAGS AND UNIFORMS
- FILL UP ALL THE DRINK BOTTLES
- CHARGE ALL ELECTRONICS
- WIPE DOWN THE BENCHES