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Mom-Me Minutes

The Checklist

Multi-task mama

Do things with the kids while you do something for yourself. Ex: Listen to a podcast or audio book while they play with friends at the playground.

Mom-Me Menu

Write down things you'd do if you had time. Ex: What would you do with 15 min, 30, 1 hour? When you have time pull out that list and see what you can do for you with the time you have. [Click here for your menu!](#)

Lose the cape

Honestly, most of us are over-scheduled. If you had more time in the day, you'd probably fill it with something else to do. Look at your schedule and see if there's one thing you can at least swap with doing something for yourself.

Early Riser

Wake up an hour earlier than the rest of your family. While everyone sleeps, do something for you. Psst... I use it to meditate.

Get clear

What do you need exactly? Time to sit down with a book, time for the gym or time alone? Choose when it will happen. Write it in your planner. If it's not written down, it's not real.