

Mama, Remember You:

A 30-Day Ritual Invitation



Week 1: Physical Refresh & Sensory Care

Start with tangible, physical shifts to spark momentum

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Switch up your hair

☐

New lip color

☐

Face Mask

☐

Do a sugar scrub

☐

Hair Mask

☐

Try red light therapy

☐

Oil Face Massage



Week 2: Grounding & Emotional Anchoring

Ease into deeper self-connection and nervous system resets.

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Meditate (Even for 5 minutes)

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Go barefoot in the grass or dirt

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Sip something special

☐

Take a soothing bath

☐

Full-body stretch

☐

Try a new snack—just for you

☐

Try a movement tool





Week 3: Self-Compassion & Inner Voice

Invite reflection, affirmation, and emotional safety.

- ☐ Write myself a love note
- ☐ Journal one proud moment
- ☐ Today I let myself rest without earning it
- ☐ Say no—and honor it
- ☐ Mirror moment: 'You're doing your best.'
- ☐ Give yourself permission to not finish something
- ☐ Name one thing you miss about yourself—and one way you'll honor it



Week 4: Joy, Connection & Celebration

End with play, community, and forward-looking rituals.

- ☐ Listen to a song that makes you feel powerful
- ☐ Dance to one song in the kitchen
- ☐ Text a mom friend something kind
- ☐ Wear something that makes you feel like a woman—not just a mom
- ☐ Celebrate one mom win today
- ☐ Put on perfume or body spray—even if you're not going anywhere
- ☐ Write a 3-line poem about motherhood today
- ☐ Write down 3 things you want to feel more of next month

 **TREAT**
yourself

Reflections After 30 Days of Remembering Myself

♡ One ritual I want to keep doing is... ..

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♡ I felt most like myself when... ..

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♡ A moment that surprised me... ..

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♡ I'm proud of myself for... ..

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♡ Next month, I want to feel more... ..

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♡ I remembered that I am... ..

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You didn't have to earn this. You just had to show up. And you did.