

15 DAY MOM CHALLENGE

Nurturing our family haven

1. Have a heart to heart conversation with a close friend
2. What will the afternoon early evening look like in your home, 5 years from now?
3. Take a picture of your child doing something ordinary
4. Read something funny or silly to each child separately. Listen to their reactions
5. Reach out to a friend you miss today.
6. Take 5 minutes to stop listen, notice, people watch and be silent.
7. Make a playlist of songs that make you sing and dance. Play them today.
8. Listen to show about a faraway place that helps you see life is different and interesting in other countries.
9. Try a new beverage
10. Help the kids set the alarm for the morning. Let the alarm wake them. Notice.
11. Teach one new skill that only you do or you do well to one child
12. Comment on three good things at home using, I noticed that you.... And avoiding good job.
13. Clear an area and have a space that beams you.
14. What 3 adjectives describe your family now
15. Share a memory with your child

