

My 12 Self-Care Activities as a Super Busy Mom

1) Quick trip to the beach

2) Short hike up the mountain

3) Outdoor reading & listening to music

4) Outdoor mall walk

5) Weekend getaway or family vacation

6) Trip to a coffee shop

8) 365 outfits for 365 days

7) Weekly visit for manicure and hair

9) Living room comfort with a book

10) Warm bath with music

11) Reservations for a great restaurant

12) Jigsaw puzzles