

# 25 Day Merry & Mindful Mom Challenge

Day 2 of the Merry & Mindful Mom Challenge — A gentle, realistic December challenge for moms who want to feel good, be present, and enjoy the season — without restriction or pressure.

Be flexible—if your original plan doesn't work, do something that fits: a 10-minute walk, stretching before bed, or a quick YouTube video. How does it feel being flexible with goals?

Check in with your hunger every 3-4 hours. Skipping meals and snacks can increase stress levels- what did you notice at check ins- do you wait until starving to eat? Do you need snacks? Feel jittery after morning coffee? etc.

Look at your holiday schedule and write down kids' performances, school parties, and other commitments. Practice saying no to invites that do not bring joy. Consider if there are events you want to host.

# 25 Day Merry & Mindful Mom Challenge

Day 3 of the Merry & Mindful Mom Challenge — A gentle, realistic December challenge for moms who want to feel good, be present, and enjoy the season — without restriction or pressure.

Choose gentle movement today. Stick to your Day 1 plan & consider inviting a friend or neighbor to join you. Do you like moving with friends or alone better?

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Eat one meal without distractions—no phone, no TV, just you and your food. What do you notice?

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Make a gift list. Who do you need to buy for, what do you plan to buy each person and how much does each gift cost. Are you within your Christmas gifts budget?