

# DAILY HABITS FOR HEALTHY MOMS

- ♥ GET INTO GOD'S WORD .....
- ♥ REACH OUT TO A FRIEND .....
- ♥ EXERCISE FOR 30 MINUTES OUTSIDE .....
- ♥ READ, WATCH A SHOW, NAP, GRAB A TEA .....
- ♥ DO AN EMOTIONAL INVENTORY .....
- ♥ LIST 7 THINGS YOU ARE GRATEFUL FOR .....
- ♥ BREATHE DEEPLY A FEW TIMES TODAY .....
- ♥ TELL YOUR PARTNER YOU LOVE HIM .....
- ♥ EAT A VEGGIE, FRUIT, AND PROTEIN .....

