

# 30 Day Mom Challenge

## Mom's Ultimate To-Do List

1. Ask: "What is one thing we can do together, this month?"
2. Go the whole day without yelling at your children.
3. Hug your child three times today.
4. Kiss your child while they are sleeping.
5. Tell yourself, "He's only \_\_\_\_ years old. He's still a child." Then, treat him that way.
6. Bake, make, or buy them their favorite food.
7. Leave a sweet note for them.
8. Calculate how many more weekends are left until your child graduates high school.
9. Picture yourself at your child's age. Try to remember how you felt.
10. Today's mom focus: joy.
11. Tell your child, "I am so glad you're my son/daughter."
12. Pray for wisdom in mothering your child.
13. Do not criticize your child today.
14. Remember that being a mother is a gift.
15. Be firm when needed, but not harsh.
16. Picture what you want your child to be like at age 25. Mother with that in mind, today.
17. Laugh with your child today.
18. Who is a mom you admire? What quality of hers can you live out, today?
19. Teach your child one thing he can do on his own today.
20. Today's focus: patience.
21. Forgive yourself when you mess up.
22. How do you want your child to remember you? Be that mom, today.
23. Replace sarcasm with kindness.
24. Do not interrupt your child when he is talking.
25. Ask your child's opinion sometime today.
26. Make it a point to encourage your child today.
27. Do one thing that is good for your health: walk 10 minutes, eat a piece of fruit, or get a good night's sleep.
28. Teach your child a new word.
29. Turn off your phone, computer or TV today when your child is with you.
30. Today's focus: love.