

MAY || SELF

Check yourself before you wreck yourself. When was the last time you took time out for you? What do you really, truly love to do? If you don't know, it's time to find out. If you know and haven't done it for a while, now's the time to get rolling with it. This month, take time out for YOU. Focus on remembering what YOU love to do. And do it. You'll be glad you did!

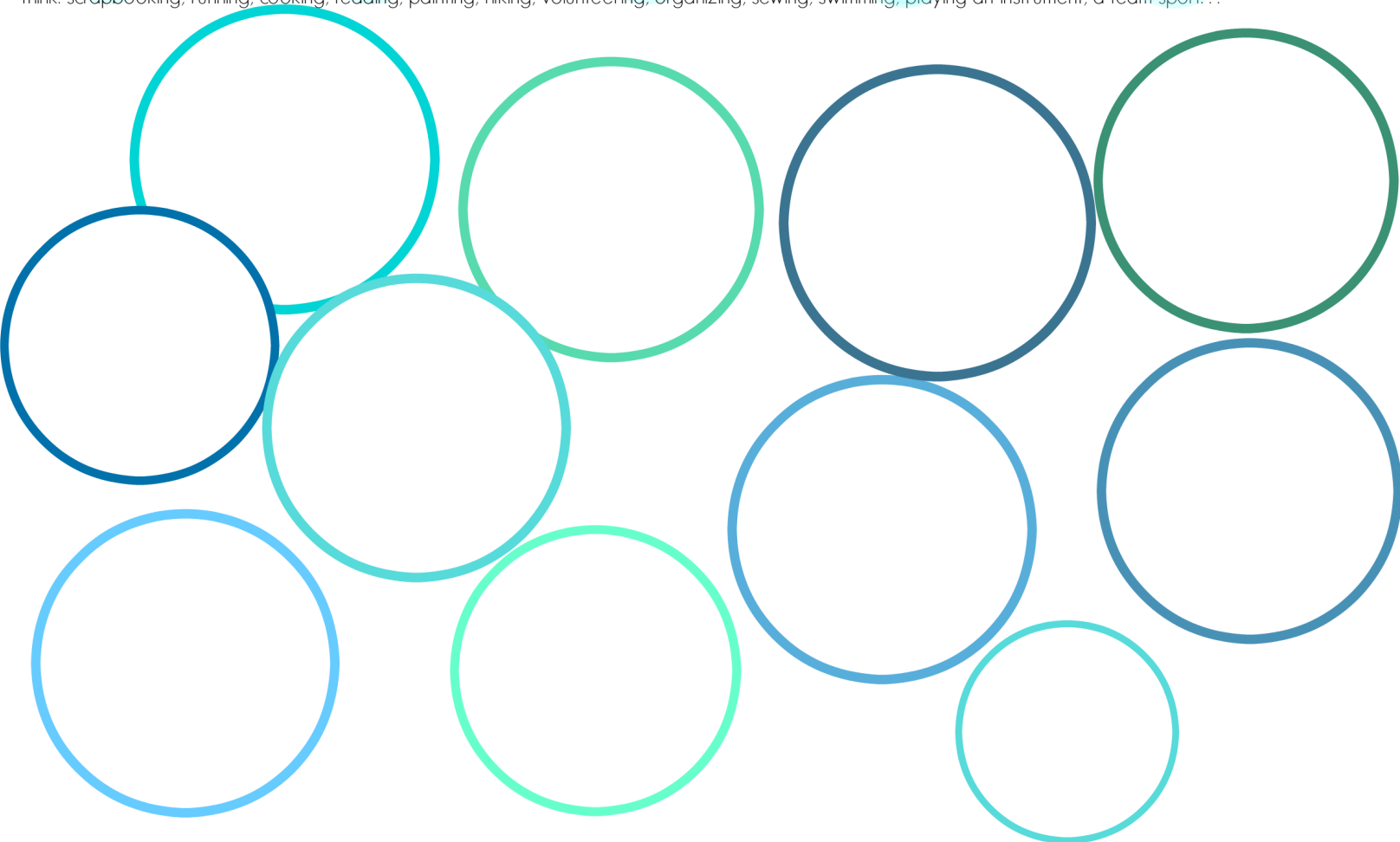
What's holding you back from doing what you really love? Anchors come in all shapes and sizes. . .

Write down
your
roadblocks,
your
anchors. . .



What are some things you love to do? Fill each of the bubbles with things that YOU love to do.

Not sure where to begin? Can't really remember what you enjoy? No problem. Pretty normal for busy parents. We'll brainstorm a few ideas to get you started. think: scrapbooking, running, cooking, reading, painting, hiking, volunteering, organizing, sewing, swimming, playing an instrument, a team sport...



Spend an afternoon sharing each person's favorite activities, allowing

GET YOUR KIDS IN THE MIX -----> everyone to try something new! Celebrate similarities & differences!

NEXT UP? FAMILY — — — — — ➔ Family is a priority this month!
We got you covered.



to live focused is to live
with intention & purpose

We get one life.
Let's make it count.

#livefocused | teachmama.com