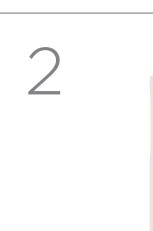


JUST ANOTHER MUMMY BLOG

GET MOTIVATED Challenge



Write down your monthly goals



Write down steps to achieve these goals



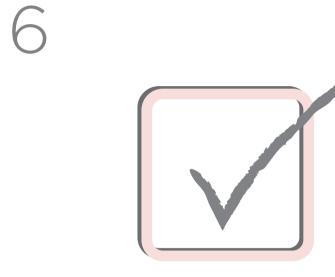
Buyanew inspiring book /audiobook



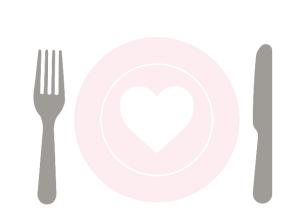
Go for a walk



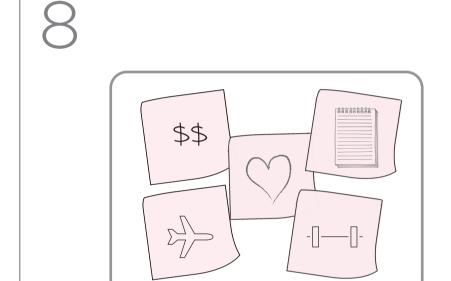
Have an early night



Do a task you have been putting off



Research some new healthy recipes



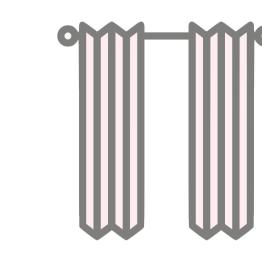
Create a vision board



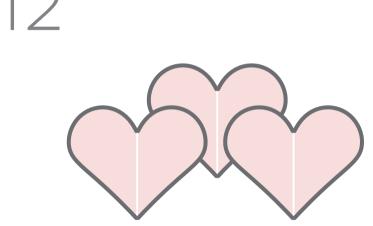
Get up 20 mins earlier to write a to-do list



Cook a new healthy recipe

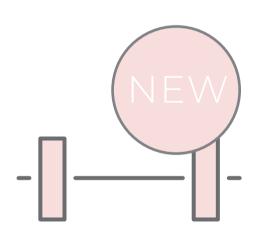


Open all of your blinds



Write down 3 things you are grateful for

13



Try a new gym class/home workout

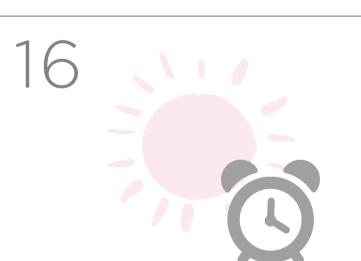


Get outdoors



15

Listen to a motivating podcast



Get up 30 minutes earlier this week

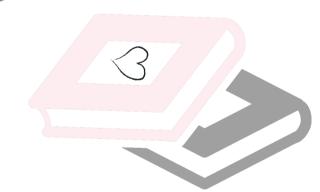


Start each day with your to-do list



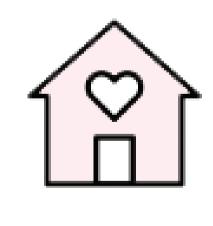
Stretch before bed

19



Read a book before bed instead of scrolling

20



Go see a friend



Do some yoga



22

Write down 3 things you are proud of



Drink 2-3L of water every day this week



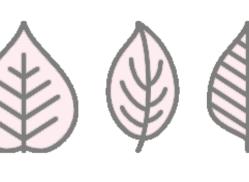
Phone down an hour before bed

25



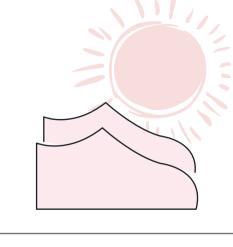
Listen to music today

26



Eat extra greens over the next few days

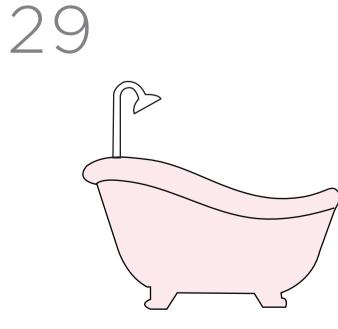




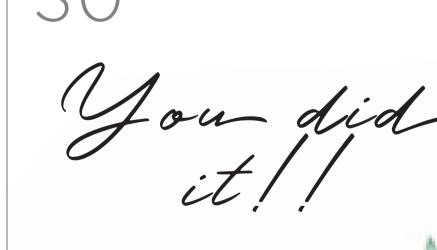
Go for a long walk outdoors



Buy some flowers



Take a long bath or shower



Time to smash some goals!!



