



NEW YEARS RESOLUTIONS FOR TIRED MOMS

I WILL VIEW SELF CARE AS A PRIORITY
RATHER THAN AN INDULGENCE.

I WILL REMEMBER THAT
NUMBERS ON THE SCALE MEASURE POUNDS,
NOT SELF-WORTH.

I WILL REMEMBER THAT EVERY DAY
IS A NEW DAY WITH NO MISTAKES IN IT.

I WILL EXCEL AT A FEW THINGS,
BUT NOT TRY TO DO EVERYTHING.

I WILL GET BETTER AT ASKING FOR HELP.

