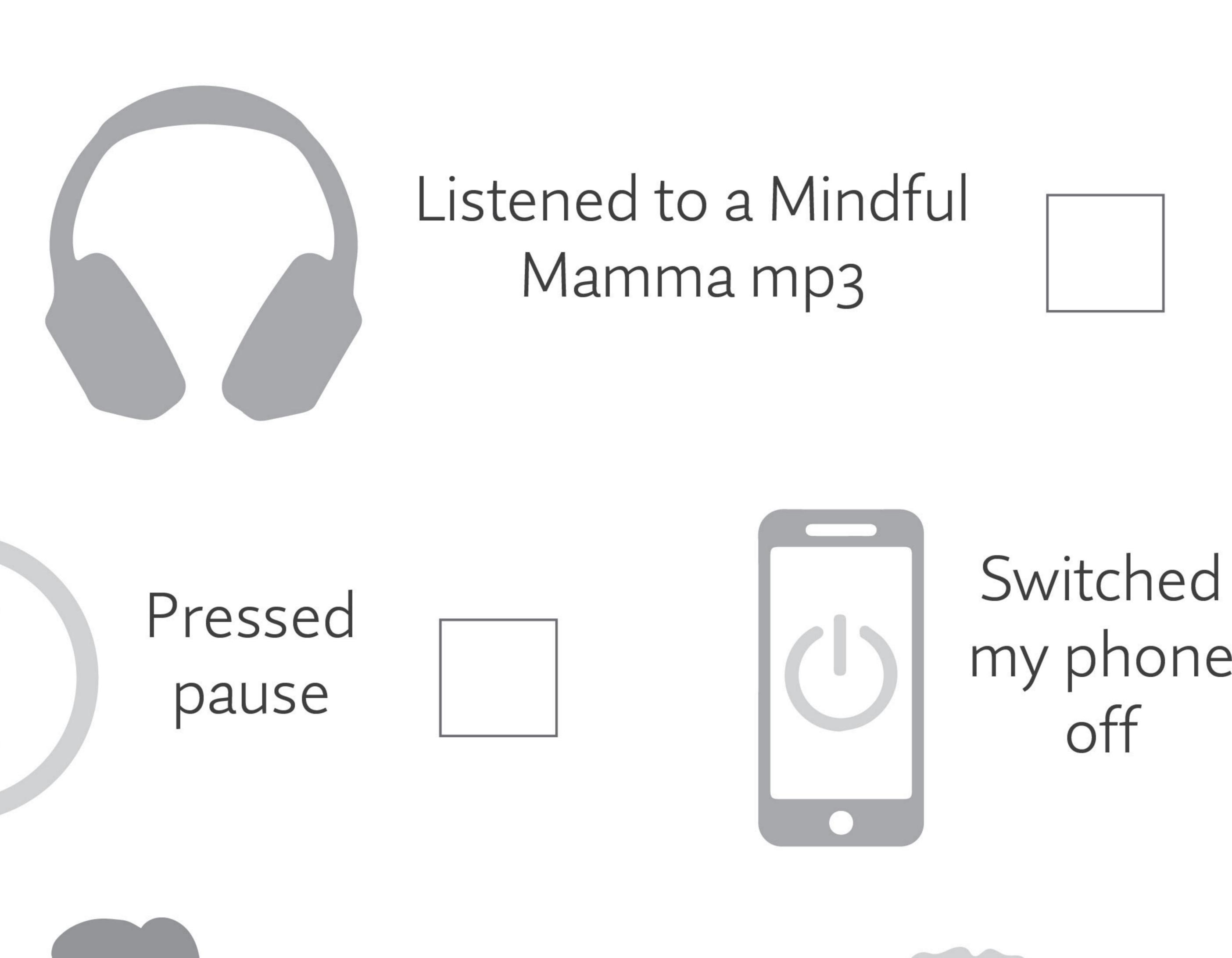
Mindful Mamma Checklist





Had mindful moments with baby



Connected with nature



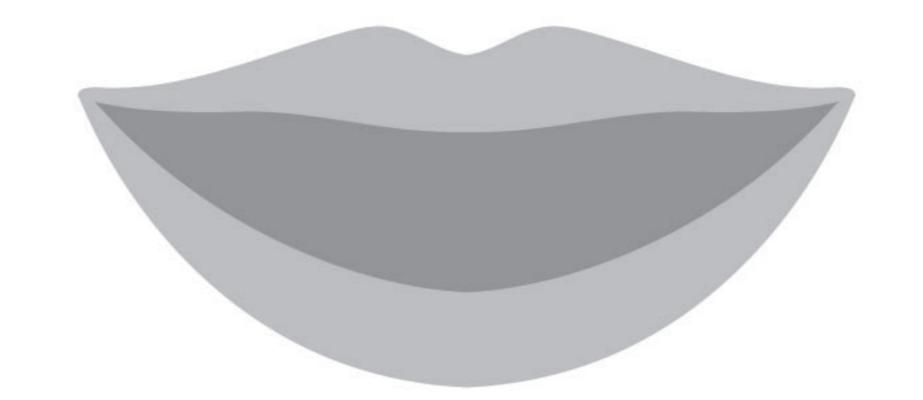
Let go of what I couldn't change



Spoke kindly to myself



Had gratitude for



Smiled