



# THE MOM BRAIN CURE:

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30 Days to Less Chaos

*Productive as a Mother*

# FOR THE MOMS WHO WANT LESS CHAOS & MORE CHILL MORNINGS



Listen up, bestie—this is your glow-up moment.

You didn't download this just to let it collect digital dust, right? Nah, you're here because you're done with the chaos and ready to finally get your life together—without the overwhelm. This PDF is your cheat code to making that happen.

How to use it:

1. Open it. (Duh.)
2. Actually use it. Even if it's not perfect, progress > perfection.
3. Make it a habit. Because one and done won't cut it.
- 4.

What happens when you do?

- Your mornings? Less "what fresh hell is this?" and more "Wow, I actually have my life together."
- Your mental load? Lighter than your laundry pile (finally).
- Your productivity? On point. And no, that doesn't mean doing more—it means doing what matters.

✨ So start now. Because the longer you wait, the longer you stay stuck. And you're too good for that, mama. ✨

*DaVette xx*

# 4 TIPS FOR SUCCESS



01  
Consistency: Try to wake up and follow your routine at the same time every day.

02  
Preparation: Prepare as much as possible the night before (lay out clothes, plan breakfast).

03  
Flexibility: Allow for flexibility and be gentle with yourself if you miss a day or need to adjust your routine.

04  
Reflection: Periodically reflect on your routine and make adjustments to keep it effective and enjoyable.

# JUNE GOALS

GOAL 1

Specific. \_\_\_\_\_  
 Measurable. \_\_\_\_\_  
 Achievable. \_\_\_\_\_  
 Relevant. \_\_\_\_\_  
 Timebound. \_\_\_\_\_

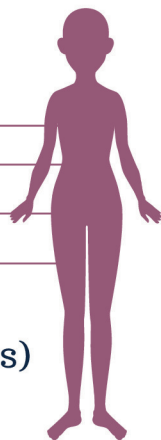
GOAL 2

Specific. \_\_\_\_\_  
 Measurable. \_\_\_\_\_  
 Achievable. \_\_\_\_\_  
 Relevant. \_\_\_\_\_  
 Timebound. \_\_\_\_\_

GOAL 3

Specific. \_\_\_\_\_  
 Measurable. \_\_\_\_\_  
 Achievable. \_\_\_\_\_  
 Relevant. \_\_\_\_\_  
 Timebound. \_\_\_\_\_

## WEIGHT LOSS TRACKER




Chest:

Waist:

Hips:

Thigh:

 **Weight(Lbs)**



**Exercise Program**

## HABIT CREATOR

Create your Habit formula for your new habits.

I will \_\_\_\_\_ at \_\_\_\_\_  
(New Habit) (Time)

in \_\_\_\_\_ after \_\_\_\_\_  
(Location) (Current Habit)

Reward \_\_\_\_\_

I will \_\_\_\_\_ at \_\_\_\_\_  
(New Habit) (Time)

in \_\_\_\_\_ after \_\_\_\_\_  
(Location) (Current Habit)

Reward \_\_\_\_\_

# JUNE

MON

TUE

WED

THU

2	3	4	5
9	10	11	12
16	17	18	19 Juneteenth
23 /	24	25	26
	30		

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

JULY 2025

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

FRI

SAT

SUN

		1
6	7	8
13	14	15 Father's Day
20	21	22
27	28	29

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# BRAIN DUMP

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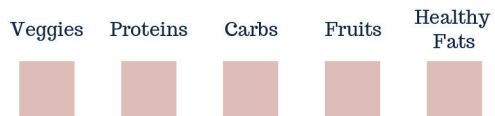
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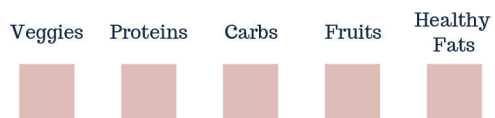
# WEEKLY MEAL PREP



## BREAKFAST



## LUNCH



## SNACK



## DINNER



## GROCERY LIST

## TOTAL DAILY PORTIONS







Thursday, June 5th



At every turn, opportunity appears before me.

Handwriting practice lines for Thursday, June 5th

Friday, June 6th



I fill my mind with positive, nourishing thoughts.

Handwriting practice lines for Friday, June 6th

Saturday, June 7th



I appreciate every cell in my body.

Handwriting practice lines for Saturday, June 7th

Sunday, June 8th



Everything that I need is being supplied now.

Handwriting practice lines for Sunday, June 8th

Monday

Blank writing area for Monday

Tuesday

Blank writing area for Tuesday

Wednesday

Blank writing area for Wednesday

Thursday

Blank writing area for Thursday

Friday

Blank writing area for Friday

Saturday

Blank writing area for Saturday

Sunday

Blank writing area for Sunday

Notes

Large blank writing area for Notes

# WEEKLY REVIEW

**ASSESSMENT** How do you feel about this week? Make a mark on the scale



## 3 WINS

- 
- 
- 

## 3 LESSONS LEARNED

- 
- 
- 

## INCOME

Bonuses	
Total Income	

## WEIGHT LOSS TRACKER

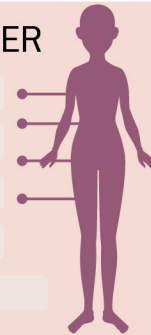
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

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- 
- 

## TASKS STILL IN PROGRESS

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- 
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## WHAT WAS I MOST GRATEFUL FOR THIS WEEK

- 1.
- 2.
- 3.

How do you feel going into next week?

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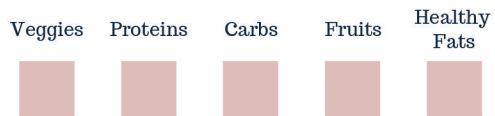
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# WEEKLY MEAL PREP



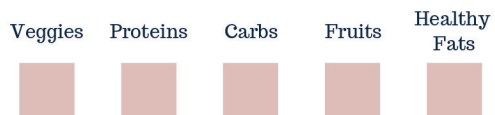
## BREAKFAST



## LUNCH



## SNACK



## DINNER



## GROCERY LIST

## TOTAL DAILY PORTIONS





Thursday, June 12th



People find me sexy and desirable.

Handwriting practice lines for Thursday, June 12th, featuring a grid of horizontal lines and small square markers.

Friday, June 13th



Open your heart and drink in this glorious day.

Handwriting practice lines for Friday, June 13th, featuring a grid of horizontal lines and small square markers.

Saturday, June 14th



I can feel the feeling of having everything I want.

Handwriting practice lines for Saturday, June 14th, featuring a grid of horizontal lines and small square markers.

Sunday, June 15th



I do all things in love. Father's Day

Handwriting practice lines for Sunday, June 15th, featuring a grid of horizontal lines and small square markers.

# SOCIAL MEDIA

Monday

Social media post area for Monday, featuring a large light orange rectangular box.

Tuesday

Social media post area for Tuesday, featuring a large light orange rectangular box.

Wednesday

Social media post area for Wednesday, featuring a large light orange rectangular box.

Thursday

Social media post area for Thursday, featuring a large light orange rectangular box.

Friday

Social media post area for Friday, featuring a large light orange rectangular box.

Saturday

Social media post area for Saturday, featuring a large light orange rectangular box.

Sunday

Social media post area for Sunday, featuring a large light orange rectangular box.

Notes

Notes section, featuring a large light orange rectangular box.

# WEEKLY REVIEW

**ASSESSMENT** How do you feel about this week? Make a mark on the scale



## 3 WINS

- 
- 
- 

## 3 LESSONS LEARNED

- 
- 
- 

## INCOME

Bonuses	
Total Income	

## WEIGHT LOSS TRACKER

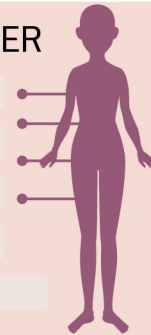
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

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- 
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## TASKS STILL IN PROGRESS

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## WHAT WAS I MOST GRATEFUL FOR THIS WEEK

- 1.
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How do you feel going into next week?

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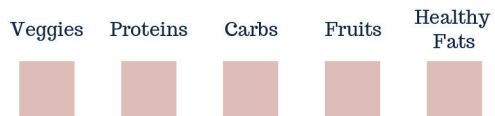
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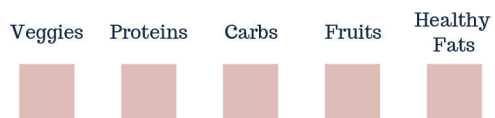
# WEEKLY MEAL PREP



## BREAKFAST



## LUNCH



## SNACK



## DINNER



## GROCERY LIST

## TOTAL DAILY PORTIONS







Thursday, June 19th 

 It is all happening for me. Juneteenth

Handwriting practice lines for Thursday, June 19th. Each line starts with a small square marker. The first line is a solid line, and the following lines are dashed lines. There are two additional small square markers on the second line from the right.

Friday, June 20th 

 I am inspired.

Handwriting practice lines for Friday, June 20th. Each line starts with a small square marker. The first line is a solid line, and the following lines are dashed lines. There are two additional small square markers on the second line from the right.

Saturday, June 21st 

 All the muscles in my body relax.

Handwriting practice lines for Saturday, June 21st. Each line starts with a small square marker. The first line is a solid line, and the following lines are dashed lines. There are two additional small square markers on the second line from the right.

Sunday, June 22nd 

 Am I good enough? Yes I am!

Handwriting practice lines for Sunday, June 22nd. Each line starts with a small square marker. The first line is a solid line, and the following lines are dashed lines. There are two additional small square markers on the second line from the right.

# SOCIAL MEDIA

Monday

Large rectangular area for social media posts on Monday.

Tuesday

Large rectangular area for social media posts on Tuesday.

Wednesday

Large rectangular area for social media posts on Wednesday.

Thursday

Large rectangular area for social media posts on Thursday.

Friday

Large rectangular area for social media posts on Friday.

Saturday

Large rectangular area for social media posts on Saturday.

Sunday

Large rectangular area for social media posts on Sunday.

Notes

Large rectangular area for notes.

# WEEKLY REVIEW

**ASSESSMENT** How do you feel about this week? Make a mark on the scale



## 3 WINS

- 
- 
- 

## 3 LESSONS LEARNED

- 
- 
- 

## INCOME

Bonuses	
Total Income	

## WEIGHT LOSS TRACKER

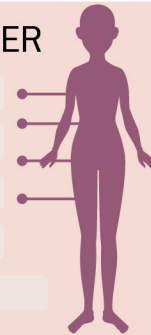
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

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- 
- 

## TASKS STILL IN PROGRESS

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- 
- 

## WHAT WAS I MOST GRATEFUL FOR THIS WEEK

- 1.
- 2.
- 3.

How do you feel going into next week?

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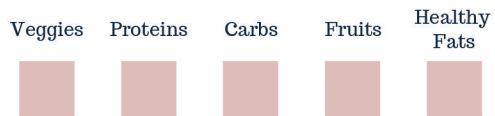
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# WEEKLY MEAL PREP



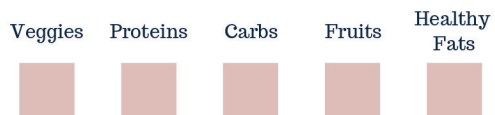
## BREAKFAST



## LUNCH



## SNACK



## DINNER



## GROCERY LIST

## TOTAL DAILY PORTIONS





Thursday, June 26th



I am able to choose the kind of life I want to have.

Journaling area for Thursday, June 26th with horizontal lines and a small square marker.

Friday, June 27th



I breathe in relaxation and breath out stress.

Journaling area for Friday, June 27th with horizontal lines and a small square marker.

Saturday, June 28th



I am happy in my own skin and in my own circumstances.

Journaling area for Saturday, June 28th with horizontal lines and a small square marker.

Sunday, June 29th



I am capable of anything.

Journaling area for Sunday, June 29th with horizontal lines and a small square marker.

# SOCIAL MEDIA

Monday

Social media area for Monday.

Tuesday

Social media area for Tuesday.

Wednesday

Social media area for Wednesday.

Thursday

Social media area for Thursday.

Friday

Social media area for Friday.

Saturday

Social media area for Saturday.

Sunday

Social media area for Sunday.

Notes

Large notes area for the week.

# WEEKLY REVIEW

**ASSESSMENT** How do you feel about this week? Make a mark on the scale



## 3 WINS

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- 
- 

## 3 LESSONS LEARNED

- 
- 
- 

## INCOME

Bonuses	
<b>Total Income</b>	

## WEIGHT LOSS TRACKER

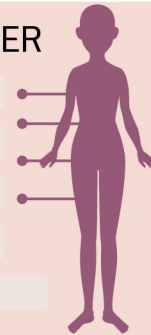
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

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- 
- 

## TASKS STILL IN PROGRESS

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- 
- 

## WHAT WAS I MOST GRATEFUL FOR THIS WEEK

- 1.
- 2.
- 3.

How do you feel going into next week?

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# MONTHLY REVIEW

**ASSESSMENT** How do you feel about this month? Make a mark on the scale



## 3 WINS

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- 
- 

## 3 LESSONS LEARNED

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- 
- 

## INCOME

Bonuses	
<b>Total Income</b>	

## WEIGHT LOSS TRACKER

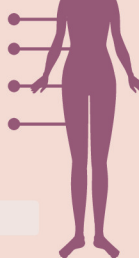
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

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- 
- 

## TASKS STILL IN PROGRESS

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- 
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## WHAT WAS I MOST GRATEFUL FOR THIS MONTH

- 1.
- 2.
- 3.

How do you feel going into next month?

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# MONTHLY BUDGET

MONTH OF

INCOME			
Date	Source	Category	Amount

BILLS & FIXED EXPENSES		
Date	Source	Amount

VARIABLE EXPENSES		
Date	Source	Amount

SUMMARY	
Source	Amount
INCOME	
BILLS & FIXED EXPENSES	
VARIABLE EXPENSES	
BALANCE	



# BRAIN DUMP

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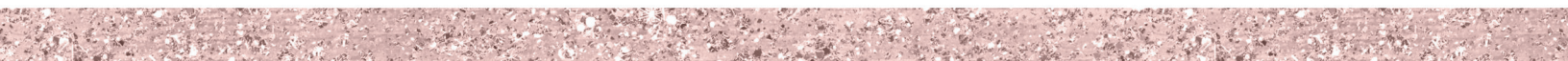
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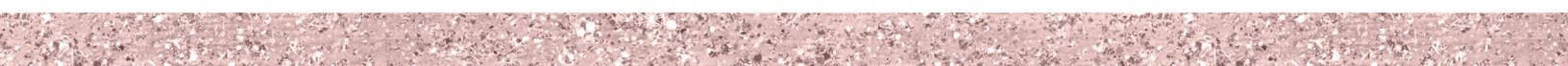
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# BRAIN DUMP

A series of horizontal lines for writing.





# QUARTERLY GOALS

Create your S.M.A.R.T. Goal - Specific, Measurable, Attainable, Relevant, Time Bound

S	
M	
A	
R	
T	

Write down what it would feel like to achieve this goal using your senses.

Choose a reward for when you achieve that goal



# QUARTERLY GOALS

Create your S.M.A.R.T. Goal - Specific, Measurable, Attainable, Relevant, Time Bound

S	
M	
A	
R	
T	

Write down what it would feel like to achieve this goal using your senses.

Choose a reward for when you achieve that goal

# JULY GOALS

GOAL 1

Specific. \_\_\_\_\_  
 Measurable. \_\_\_\_\_  
 Achievable. \_\_\_\_\_  
 Relevant. \_\_\_\_\_  
 Timebound. \_\_\_\_\_

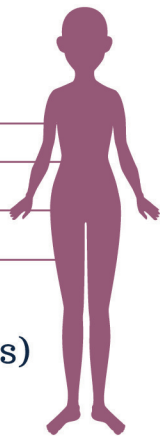
GOAL 2

Specific. \_\_\_\_\_  
 Measurable. \_\_\_\_\_  
 Achievable. \_\_\_\_\_  
 Relevant. \_\_\_\_\_  
 Timebound. \_\_\_\_\_

GOAL 3

Specific. \_\_\_\_\_  
 Measurable. \_\_\_\_\_  
 Achievable. \_\_\_\_\_  
 Relevant. \_\_\_\_\_  
 Timebound. \_\_\_\_\_

## WEIGHT LOSS TRACKER




Chest:

Waist:

Hips:

Thigh:

 Weight(Lbs)

 Exercise Frequency

## HABIT CREATOR

Create your Habit formula for your new habits.

I will \_\_\_\_\_ at \_\_\_\_\_  
(New Habit) (Time)

in \_\_\_\_\_ after \_\_\_\_\_  
(Location) (Current Habit)

Reward \_\_\_\_\_

I will \_\_\_\_\_ at \_\_\_\_\_  
(New Habit) (Time)

in \_\_\_\_\_ after \_\_\_\_\_  
(Location) (Current Habit)

Reward \_\_\_\_\_



# JULY

MON

TUE

WED

THU

	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

AUGUST 2025

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FRI

SAT

SUN

4  Independence Day	5	6
11	12	13
18	19	20
25	26	27

NOTES \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

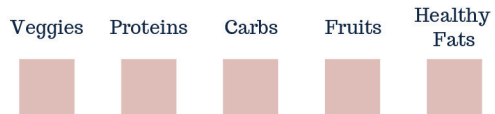




# WEEKLY MEAL PREP



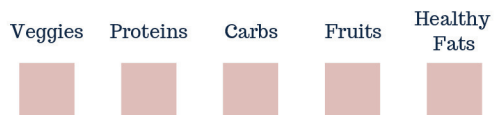
## BREAKFAST



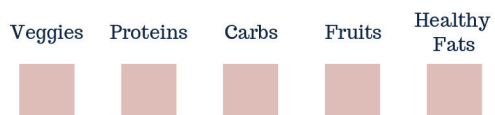
## LUNCH



## SNACK



## DINNER



## GROCERY LIST

## TOTAL DAILY PORTIONS




JUNE 30, 2025 - JULY 6, 2025

# HABIT TRACKER

M T W T F S S


## Monday, June 30th

 All negativity and stress evaporate from my body and my mind.

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## Tuesday, July 1st

 I laugh at any doubts.

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## Wednesday, July 2nd

 I have the ability to manifest everything and anything I want in my life.

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 Deep clean refrigerator

## WEEKLY GOALS

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## DAILY GRATITUDE

Mon 

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Tues 

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Weds 

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Thurs 

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Fri 

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Sat 

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Sun 

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Thursday, July 3rd



 I am kind to my body.

Handwriting practice lines for Thursday, July 3rd. Each line starts with a small brown square marker. There are two additional brown square markers on the line below the fifth line.

Friday, July 4th



 My body is perfect the way it is. Independence Day.

Handwriting practice lines for Friday, July 4th. Each line starts with a small brown square marker. There are two additional brown square markers on the line below the fifth line.

Saturday, July 5th



 I am enthusiastic.

Handwriting practice lines for Saturday, July 5th. Each line starts with a small brown square marker. There are two additional brown square markers on the line below the fifth line.

Sunday, July 6th



 The perfect moment is this one.

Handwriting practice lines for Sunday, July 6th. Each line starts with a small brown square marker. There are two additional brown square markers on the line below the fifth line.

# SOCIAL MEDIA

Monday

Large light orange rectangular area for social media content on Monday.

Tuesday

Large light orange rectangular area for social media content on Tuesday.

Wednesday

Large light orange rectangular area for social media content on Wednesday.

Thursday

Large light orange rectangular area for social media content on Thursday.

Friday

Large light orange rectangular area for social media content on Friday.

Saturday

Large light orange rectangular area for social media content on Saturday.

Sunday

Large light orange rectangular area for social media content on Sunday.

Notes

Large light orange rectangular area for notes.

# WEEKLY REVIEW

**ASSESSMENT** How do you feel about this week? Make a mark on the scale



## 3 WINS

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- 
- 

## 3 LESSONS LEARNED

- 
- 
- 

## INCOME

Bonuses	
Total Income	

## WEIGHT LOSS TRACKER

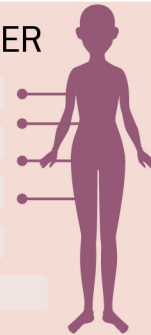
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

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- 
- 

## TASKS STILL IN PROGRESS

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- 
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## WHAT WAS I MOST GRATEFUL FOR THIS WEEK

- 1.
- 2.
- 3.

How do you feel going into next week?

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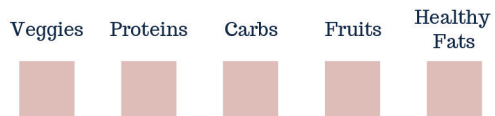
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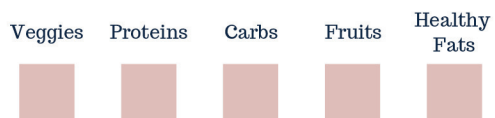
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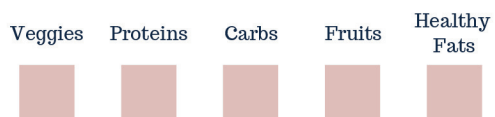
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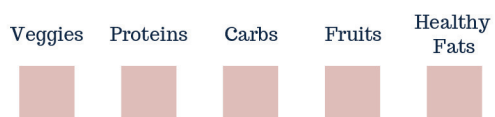
## LUNCH



## SNACK



## DINNER



## GROCERY LIST

## TOTAL DAILY PORTIONS





Thursday, July 10th



My immune system is strong and keeps me safe.

Journaling area for Thursday, July 10th with horizontal lines and checkboxes.

Friday, July 11th



I am happy.

Journaling area for Friday, July 11th with horizontal lines and checkboxes.

Saturday, July 12th



I attract success.

Journaling area for Saturday, July 12th with horizontal lines and checkboxes.

Sunday, July 13th



I trust my body to know what it needs, and I listen.

Journaling area for Sunday, July 13th with horizontal lines and checkboxes.

# SOCIAL MEDIA

Monday

Social media area for Monday

Tuesday

Social media area for Tuesday

Wednesday

Social media area for Wednesday

Thursday

Social media area for Thursday

Friday

Social media area for Friday

Saturday

Social media area for Saturday

Sunday

Social media area for Sunday

Notes

Large notes area for the week



# WEEKLY REVIEW

**ASSESSMENT** How do you feel about this week? Make a mark on the scale



## 3 WINS

- 
- 
- 

## 3 LESSONS LEARNED

- 
- 
- 

## INCOME

Bonuses	
<b>Total Income</b>	

## WEIGHT LOSS TRACKER

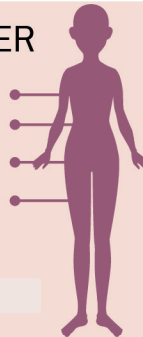
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

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- 
- 

## TASKS STILL IN PROGRESS

- 
- 
- 

## WHAT WAS I MOST GRATEFUL FOR THIS WEEK

- 1.
- 2.
- 3.

How do you feel going into next week?

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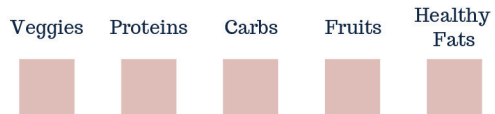
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# WEEKLY MEAL PREP



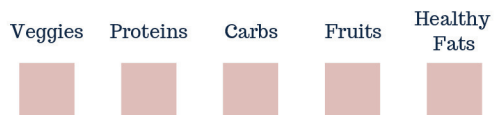
## BREAKFAST



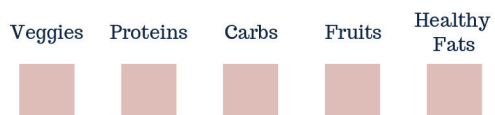
## LUNCH



## SNACK



## DINNER



## GROCERY LIST

## TOTAL DAILY PORTIONS





Thursday, July 17th



I am deliberate and afraid of nothing.

Handwriting practice lines for Thursday, July 17th, including a small grid at the bottom.

Friday, July 18th



My body is always working for me

Handwriting practice lines for Friday, July 18th, including a small grid at the bottom.

Saturday, July 19th



My mind is a powerful tool.

Handwriting practice lines for Saturday, July 19th, including a small grid at the bottom.

Sunday, July 20th



I have limitless potential.

Handwriting practice lines for Sunday, July 20th, including a small grid at the bottom.

# SOCIAL MEDIA

Monday

Social media post area for Monday

Tuesday

Social media post area for Tuesday

Wednesday

Social media post area for Wednesday

Thursday

Social media post area for Thursday

Friday

Social media post area for Friday

Saturday

Social media post area for Saturday

Sunday

Social media post area for Sunday

Notes

Large social media post area for Notes

# WEEKLY REVIEW

**ASSESSMENT** How do you feel about this week? Make a mark on the scale



## 3 WINS

- 
- 
- 

## 3 LESSONS LEARNED

- 
- 
- 

## INCOME

Bonuses	
Total Income	

## WEIGHT LOSS TRACKER

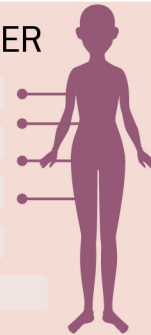
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

- 
- 
- 

## TASKS STILL IN PROGRESS

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- 
- 

## WHAT WAS I MOST GRATEFUL FOR THIS WEEK

- 1.
- 2.
- 3.

How do you feel going into next week?

---

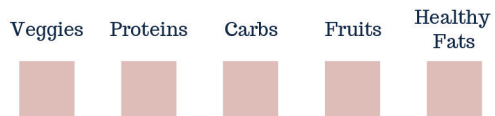
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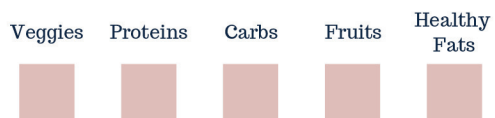
# WEEKLY MEAL PREP



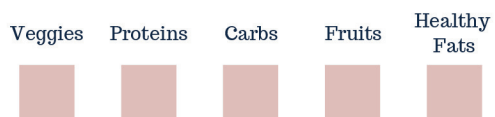
## BREAKFAST



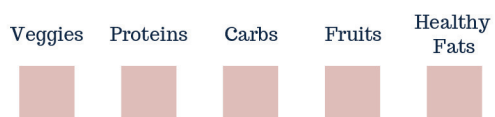
## LUNCH



## SNACK



## DINNER



## GROCERY LIST

## TOTAL DAILY PORTIONS





Thursday, July 24th 

 My life is about to be incredible.

Journal writing area for Thursday, July 24th, featuring six horizontal lines and two small square checkboxes on the right side.

Friday, July 25th 

 I do my best to model ways to maintain a peaceful, happy life.

Journal writing area for Friday, July 25th, featuring six horizontal lines and two small square checkboxes on the right side.

Saturday, July 26th 

 I am confident.

Journal writing area for Saturday, July 26th, featuring six horizontal lines and two small square checkboxes on the right side.

Sunday, July 27th 

 Self love comes easy to me.

Journal writing area for Sunday, July 27th, featuring six horizontal lines and two small square checkboxes on the right side.

Monday

Blank writing area for Monday.

Tuesday

Blank writing area for Tuesday.

Wednesday

Blank writing area for Wednesday.

Thursday

Blank writing area for Thursday.

Friday

Blank writing area for Friday.

Saturday

Blank writing area for Saturday.

Sunday

Blank writing area for Sunday.

Notes

Large blank writing area for notes.



# WEEKLY REVIEW

**ASSESSMENT** How do you feel about this week? Make a mark on the scale



## 3 WINS

- 
- 
- 

## 3 LESSONS LEARNED

- 
- 
- 

## INCOME

Bonuses	
Total Income	

## WEIGHT LOSS TRACKER

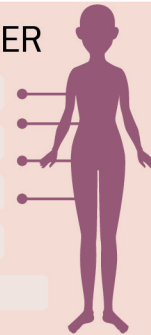
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

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- 
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## TASKS STILL IN PROGRESS

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- 
- 

## WHAT WAS I MOST GRATEFUL FOR THIS WEEK

- 1.
- 2.
- 3.

How do you feel going into next week?

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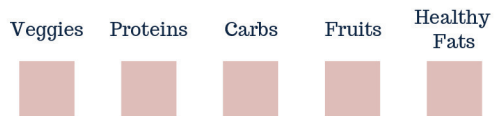
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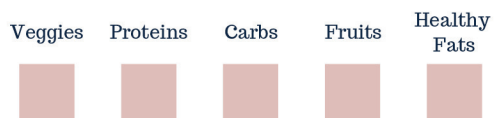
# WEEKLY MEAL PREP



## BREAKFAST



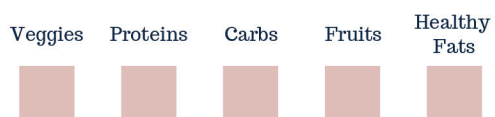
## LUNCH



## SNACK



## DINNER



## GROCERY LIST

## TOTAL DAILY PORTIONS





Thursday, July 31st



I am a good mom, even as I work to be better.

Handwriting practice lines with a vertical margin line and a small square marker on the right side.

Friday, August 1st



I will not feel guilt over self-care.

Handwriting practice lines with a vertical margin line and a small square marker on the right side.

Saturday, August 2nd



I will not worry about the small details today.

Handwriting practice lines with a vertical margin line and a small square marker on the right side.

Sunday, August 3rd



I am enough. My best is enough.

Handwriting practice lines with a vertical margin line and a small square marker on the right side.

# SOCIAL MEDIA

Monday

Large rectangular area for social media content on Monday.

Tuesday

Large rectangular area for social media content on Tuesday.

Wednesday

Large rectangular area for social media content on Wednesday.

Thursday

Large rectangular area for social media content on Thursday.

Friday

Large rectangular area for social media content on Friday.

Saturday

Large rectangular area for social media content on Saturday.

Sunday

Large rectangular area for social media content on Sunday.

Notes

Large rectangular area for notes.

# WEEKLY REVIEW

**ASSESSMENT** How do you feel about this week? Make a mark on the scale



## 3 WINS

- 
- 
- 

## 3 LESSONS LEARNED

- 
- 
- 

## INCOME

Bonuses	
Total Income	

## WEIGHT LOSS TRACKER

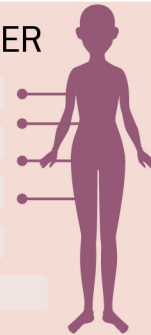
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

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- 
- 

## TASKS STILL IN PROGRESS

- 
- 
- 

## WHAT WAS I MOST GRATEFUL FOR THIS WEEK

- 1.
- 2.
- 3.

How do you feel going into next week?

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# MONTHLY REVIEW

**ASSESSMENT** How do you feel about this month? Make a mark on the scale



## 3 WINS

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- 
- 

## 3 LESSONS LEARNED

- 
- 
- 

## INCOME

Bonuses	
<b>Total Income</b>	

## WEIGHT LOSS TRACKER

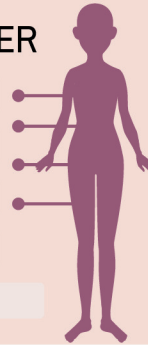
Chest:

Waist:

Hips:

Thigh:

Weight:



## HABITS TO FOCUS ON

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- 

## TASKS STILL IN PROGRESS

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- 
- 

## WHAT WAS I MOST GRATEFUL FOR THIS MONTH

- 1.
- 2.
- 3.

How do you feel going into next month?

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# MONTHLY BUDGET

MONTH OF

INCOME			
Date	Source	Category	Amount

BILLS & FIXED EXPENSES		
Date	Source	Amount

VARIABLE EXPENSES		
Date	Source	Amount

SUMMARY	
Source	Amount
INCOME	
BILLS & FIXED EXPENSES	
VARIABLE EXPENSES	
BALANCE	









# READY TO TAKE YOUR MORNING ROUTINE TO THE NEXT LEVEL?

Option 1: Wake up and slay your mornings.

The Wake Up & Slay Mini Course is your no-BS guide to sticking to a morning routine—even if you've tried before and failed. I'll show you:

- Why you need a routine (and how it makes your whole day easier).
- How to create a bedtime routine that actually sets you up for success.
- 5 ways to stop snoozing (so you're not running late again).
- Exactly what to do once you're up (because waking up is only half the battle).
- How to make it stick—for real this time.

*OR*

Option 2: Get first dibs on the app that's about to change the game.

The Productive as a Mother App drops in July 2025, but waitlist members get early access in April and one full year FREE. This app is basically your mom life command center, packed with:

- ✓ Goal planning (because winging it isn't working)
- ✓ Daily habit tracking (so you actually stick to them)
- ✓ Decluttering & cleaning schedules (goodbye, mess stress)
- ✓ Meal planning & family scheduling (aka, your life together)

[Wake Up and Slay Mini Course](#)

[Productive as a Mother App Waitlist](#)