

# Smart Mom's Checklist to Keeping a Positive Mindset

By Kerry Tepedino

**Are you a busy mom trying to “get it all done” and feeling like you’re falling short?  
Let this checklist support you in getting quick results and  
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## Morning:

- Set intentions for the day, example: “Today I’m committed to being patient, present and loving.”
- Take at least five minutes of quiet time to be grateful for what you have created with your life.
- Take at least five minutes to visualize how you want your day to happen.
- Eat a healthy, protein based breakfast.
- Move your body at least 30 minutes, four times a week.
- Have good hygiene! Shower, brush your teeth and hair.. don’t skip out!
- Dress in a way that makes you feel beautiful.
- Greet every one of your children with love to start their day.

## Evening:

- Have a family dinner.
- Slow down and connect with your children to hear about their day.
- Share about your day with your family.
- Skip watching the news if it’s stressful to you.
- Turn tech off by 9pm.
- Climb into bed with clean sheets.
- Write ten things you’re grateful for about your day in a journal.
- Revisit your morning intention.
- Celebrate your wins of the day.
- Lights out by 10pm.

Perfect Health Mastery with Kerry Tepedino

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