



CERI'S MINDFUL WEEKLY PLANNER

Monday

Think of something you want to finish this week, then think of a treat you're going to give yourself when its done!

Tuesday

Think of a moment you're proud of your child for and tell them out of the blue about it.

Wednesday

Post about a book, podcast or person that's inspired you lately!

Thursday

Plan something small for the weekend that your family will love. My personal favourite is Popcorn for a movie night!

Friday

It's Friday! Celebrate what your little ones did in School this week!

Saturday

Reflection! Thinking back on the week, what did you love most about it? Set an intention for next week to do more!

**YOU ARE A GOOD MUM! BE PATIENT WITH YOURSELF.
REMEMBER, TO THE KIDS,
THE MAGIC IS IN THE EVERYDAY - THESE ARE THE MOMENTS THAT MATTER**

Ceri Davies Coaching

