

9 THINGS

Intentional Moms

DO BEFORE 10 AM

Read My Bible & Pray

I can trust a God I know and spend time with.

Open the Curtains

Sunshine is invigorating.

Prepare for the Day

Dress for success.

Check in with Others

Turn my heart to what others need.

Healthy Foods and Hydration

Provide my body with the energy it requires.

Make a Plan

Use a planner or list to keep me focused.

Laugh

Find humor in everyday life.

State Who I am in Christ

Find strength in Christ and not myself.

Put on the Full Armor of God

To stand against the devil's schemes.

