

# THE HONEST MOM'S PRODUCTIVITY CHECKLIST

- Wake up early: \_\_\_\_\_
- Get some physical activity: \_\_\_\_\_
- Feed kiddos (and yourself!): \_\_\_\_\_
- Play: \_\_\_\_\_
- Utilize nap time for "ME" time: \_\_\_\_\_
- Teach something new: \_\_\_\_\_
- Learn something new: \_\_\_\_\_
- Embrace the chaos.