

# 30 DAY MOM CHALLENGE

- 1 Ask your child: "What is one thing we can do together this month?"
- 2 Kiss your children while they are asleep.
- 3 Leave a sweet note for them.
- 4 Today's focus: Joy.
- 5 **Teach your child one thing he can do on his own.**
- 6 Picture your child at age 25. Mother with that in mind each day.
- 7 Do not criticize your child today.
- 8 How do you want your child to remember you? Be that mom today.
- 9 Ask your child's opinion.
- 10 **Laugh with your child today.**
- 11 **Be firm when needed, but not harsh.**
- 12 Say to yourself, "He's only \_\_\_ years old. He's still a child." Then treat him that way.
- 13 Calculate how many weekends are left until your child graduates from high school.
- 14 Tell your child, "I am so glad you are my son/daughter."
- 15 Today's focus: Patience.
- 16 Remember: being a mother is a gift.
- 17 Replace sarcasm with kindness.
- 18 **Pray for wisdom.**
- 19 Encourage your child today.
- 20 Turn off your phone, computer, or TV when your child is with you.
- 21 Hug your children three times today.
- 22 Bake, make, or buy them their favorite food.
- 23 Picture yourself at your child's age. Remember how you felt.
- 24 Teach your child a new word.
- 25 **Forgive yourself when you mess up.**
- 26 Identify a mom you admire. Emulate a quality of hers today.
- 27 Go the whole day without yelling.
- 28 Do not interrupt your child when he is talking.
- 29 Do one thing that is good for your health: walk 10 minutes; eat a piece of fruit; or get a good night's sleep.
- 30 Today's focus: Love.