



# 30 DAY Mom Challenge

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

