



**WHEN YOU  
MISS YOUR  
KIDS**

**WHEN YOU FOCUS ON  
THE GOOD, THE GOOD  
GETS BETTER.**

**-ABRAHAM HICKS**

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*don't lose your mind*

# WHAT TO DO WHEN YOU MISS YOUR KIDS

**Grab your journal and write down the things about your kids that you love most.**

**Plan an upcoming quality time activity to foster the quality > quantity mindset,**

**Take care of you! Do the things that busy motherhood doesn't typically give you time for. For me, it's lazy TV binges, working out, and nails!**

**Spend time with friends. Plan girl's nights when you know you won't have the kids, and sleep in the next morning.**

**Cry if you need to. Remind yourself that if they're happy and loved, you're a lucky mama.**