

How to find

Pockets of Happiness
Mini

**for Maxed-out Moms
when on the go**

+

40 PORTABLE
SELF-CARE CHECKLISTS

Balancing
MOMLife

BALANCING MOM LIFE

Welcome Letter

Welcome! I'm so excited you picked up **Pockets of Happiness checklists mini.**

I put in some extra time to make sure you would have lists that will work for you. These checklists include some of my secrets that allow you to squeeze in self-care in small pockets of time even on the go.

Finding ways to make sure you are taking care of yourself, keeping the family, and business running smoothly is even harder when your schedule can't be predicted. But it's so important in being able to give our kids as normal of a life as possible, so I created a whole program around it.

I hope you secure your spot and join me.

The details are ready for you here:

www.balancingmomlife.com/momsprepmagic

Vanetta



How To:

*D*irections:

Once you print these you can cut the sections out, clip them together with a ring binder and carry them with you.

Or you can snap pictures of each section to create a digital copy so you'll be ready when on the go.



Car-pooling

TAKE CARE EVEN WHEN RUNNING KIDS TO PRACTICE



CAR-POOLING SELF-CARE

Great for when you are parked in between stops

- ☐ Listen to a talk on Clubhouse
- ☐ Listen to a Podcast
- ☐ Tweeze eyebrows and stray hairs
- ☐ File nails and push back cuticles
- ☐ Apply cuticle oil
- ☐ Read a Bible passage
- ☐ Clean out purse



SPORTS PRACTICE SELF-CARE

Do these when you are parked in between stops

- ☐ Relax in the shade
- ☐ Swing on the playground
- ☐ Apply sunscreen
- ☐ Fill out forms you don't want to deal with
- ☐ Get a great portable chair so you can relax

while waiting

”
When we care for ourselves as
our very own beloved - with naps,
healthy food, clean sheets, a lovely
cup of tea - we can begin to give
in wildly generous ways to the
world, from abundance.

— Anne Lamott



Poolside & When Ill

SELF-CARE CAN BE FROM HOME OR ON THE GO



POOLSIDE SELF-CARE

Making it to the pool should be a to-do item

- ☐ Relax in the water
- ☐ Crossword or word search puzzles
- ☐ Journal
- ☐ Read a book
- ☐ Enjoy the sun
- ☐ Strike up a conversation
- ☐ Eat a healthy snack

MIGRAINE SELF-CARE

Do these when you are parked in between stops

- ☐ Be careful about how much screen time you're using.
- ☐ Actually call in sick to work instead of toughing it out.
- ☐ Bonus: Call in for any type of sickness.
- ☐ Use noise-canceling headphones when you have a headache
- ☐ Take migraine medicine as soon as you feel a migraine coming on
- ☐ Give yourself permission to be totally honest about how you feel when people ask
- ☐ Research doctors. Having doctors who specialize in migraine makes a big difference.
- ☐ Be aware of migraine stages and where you're at in it and give yourself grace for being tired. Pain is tiring





5 Minute Self-Care Activities II

WHenever you have 5 minutes here and there these items work

1. Update your migraine journal
you can get details on goodies here: www.balancingmomlife.com/goodies
2. Practice self-compassion: rewrite the mean things you've been telling yourself
3. Make sure your checkups are scheduled
4. Give your teeth a quick floss
5. Decide what or who you need to avoid because they're negative
6. Decorate your calendar planner
7. Create an inspiration area
8. Talk with God
9. Have a cocktail (or a mocktail if alcohol is a trigger)

KEEP TRACK OF YOUR FAVORITE SELF-CARE ACTIVITIES:

1.

2.

3.

Wow...



...what a bunch of great

ideas to use even when you're always on the go and have an unpredictable schedule.

I hope you really make a point to use them and see which ones work best for you.

My mission and goal is to help you live a life that runs smoothly despite migraines affecting you and making your day change at a drop of a dime.

Finding even more ways to add in self-care is even easier by upgrading to the Deluxe Pockets of Happiness. You can check out this item here: balancingmomlife.com/POHdeluxe

If you're looking for more goodies to help manage tasks and this migraine life, You can check it out here: balancingmomlife.com/goodies.

One More Helpful Recommendation

I hope you decide to continue your journey making room for yourself and all your other important needs with me inside my **Moms Prep Magic** program.

This program helps you create systems so that life continues to run even when your day changes without warning.

I hope you don't miss out. Please check out the details by clicking the button below before it's too late.



[Click here for details](https://balancingmomlife.com/momsprepmagic)

www.balancingmomlife.com/momsprepmagic



Thank You.

Looking for ways to balance having migraines, raising kids, and maintaining the household?

Does the typical time management tips not work for you?

Have you been looking for a community of other moms that get it?

If so join the FREE Facebook group: [Moms With Unpredictable Schedules](#) or check out my Instagram page.

Being a mom is a joy and coming up with ways to improve helps not only ourselves but also our families.



Contact Information

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Let's Chat!



Hi I'm Vanetta

I'm a mom who deals with migraines that can happen unexpectedly and last for a unknown amount of time. So **my days are always unpredictable.**

Also, my husband, a firefighter, works 24 hours at a time and my children play one sport after another every single season.



Plus, pain and fatigue from the migraines and anemia **causes me to have to step away without warning.**

There is no way to predict how I am going to feel each day so, **I had to learn how to create plans, and systems that worked with my unpredictable schedule.**

I want to share what I've learned with you.



*And so
She did
it too!*

You can do this. Let's jump right in and make it happen.

Also, Join Me at:

Facebook Page: [Facebook/balancingmomlife](https://www.facebook.com/balancingmomlife)

Instagram: [@vanetta.rogers](https://www.instagram.com/vanetta.rogers)

Clubhouse: [@vanettarogers](https://www.clubhouse.com/@vanettarogers)

FREE Facebook Group:

<https://www.facebook.com/groups/momswithunpredictableschedules>

Written By

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facebook.com/groups/momswithunpredictableschedules

