

THE HONEST MOM'S "YOU'RE DOING ALRIGHT" WORKSHEET

Are the kids alive?

YES NO

Have the kids eaten?

YES NO

Are the kids dressed?

YES NO

Are the kids healthy?

YES NO

Are the kids happy?

YES NO

Are you happy?

YES NO

If you're doing the best you can, you're doing
amazing.

♥ Keep kicking ass Mama ♥