

happy mama MANIFESTO

T O D A Y even if everything goes wrong,
love is always right
THERE IS RIDICULOUS HOPE IN THIS.

T T H E R E A R E N O E M E R G E N C I E S .
O *life is a gift* not an emergency!
D O N L Y A M A T E U R S H U R R Y .
A S o: Say yes to one game every day and laugh loud.
Y *No empty-nest mama looks around and wishes she did one more load of laundry.*

T O D A Y My stress management plan will be simple:
when stress mounts, all stress will have an intervention of
I pray to dismount it with *gratitude* G I V I N G T H A N K S
FOR ONE THING
O U T L O U D .

T O D A Y
the only thing that has to be
written in stone is when to
pray

We will just pray at set times
& MAKE OUR HOME A
house of prayer.
WHAT ELSE REALLY MATTERS?

T O D A Y
I will pray to
speak words
that
make souls
S T R O N G E R .
Grace is the only non-toxic air.

T O D A Y I will pray to just be: *consistently consistent.*
MAKE RHYTHMS, LIVE ROUTINES, WEAR GOOD HABITS.
Do the same thing at the same time every day - and you kinda change your life.

T O D A Y
THIS: The moment I
am most repelled by a
child's behavior, that is
my sign to draw the very
closest
TO THAT CHILD.

today I will hug
each of my children as many times as I
serve them meals - because children's
hearts feed on touch. I'll look for as many
opportunities to touch my children today
as possible - *the taller they are, the more so.*
Whenever I want to throw my hands up,
I'll throw them around someone instead.
Holding someone always helps hold things together.

L O V E
is a *roof*
Be a
S H E L T E R ,
a safe place,
just be a roof
for your people
today.

T O D A Y I will *laugh!* And I will create a culture of JOY!
The only life worth living is a scandalous one: scandalous love, offensive mercy, foolish grace.
LET JOY LIVE LOUD IN YOUR SOUL.