



Your Perfect Ordinary Day

How would you wake up?

What would you eat?

Where would spend your time?

How would you move
your body?

Use these prompts to think about your ideal ordinary day!

listen to the episode: themomhour.com/324



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What's the weather like?

How would you spend time with your kids?

How would you connect with or spend time with others?

What would your schedule look like?

What would you read, watch, or listen to?