



# Solo Mom Survival Kit

## CHECKLIST



### 20 Life-Saving Hacks for Every Single Mom

|   |  |
|---|--|
| <input type="checkbox"/> Prep for Mornings the Night Before | <input type="checkbox"/> Build a Support Network       |
| <input type="checkbox"/> Plan Weekly Meals                  | <input type="checkbox"/> Set Work/Life Boundaries      |
| <input type="checkbox"/> Use a Family Calendar App          | <input type="checkbox"/> Create a Homework Station     |
| <input type="checkbox"/> Stock an Emergency Snack Station   | <input type="checkbox"/> Try the “One-Minute Rule”     |
| <input type="checkbox"/> Embrace Online Grocery Shopping    | <input type="checkbox"/> Use Visual Schedules for Kids |
| <br>  |  |
| <input type="checkbox"/> Automate Bills & Savings           | <input type="checkbox"/> Pack a “Mom Emergency Kit”    |
| <input type="checkbox"/> Pack a “Mom Emergency Kit”         | <input type="checkbox"/> Quick 10-Minute Tidy Up       |
| <input type="checkbox"/> Quick 10-Minute Tidy Up            | <input type="checkbox"/> Schedule “Me Time”            |
| <input type="checkbox"/> Schedule “Me Time”                 | <input type="checkbox"/> Get Kids Involved with Chores |
| <input type="checkbox"/> Use Educational Apps               | <input type="checkbox"/> Use Educational Apps          |
| <input type="checkbox"/> Keep a Go-To Activity Box          | <input type="checkbox"/> Keep a Go-To Activity Box     |
| <input type="checkbox"/> Streamline Laundry Days            | <input type="checkbox"/> Create a Self-Care Toolkit    |

You've Got This, Super Mom!

