



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 |
| <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!

