

MAY CHALLENGE

We can't wait to dive into this month's challenges with you!

You can accept one, two, or all three of the challenges and make them your focus for the month.

We aim to hit on every facet of your life over the course of the year, with the intention of bringing more health, enjoyment, and self-care into your life. Please share your wins (and misses), what you're doing, and how it's all going in our private Facebook group! Your stories can help other moms find the motivation to try something new and help each of us stay accountable as we reach for our goals.

Challenge 1 - Hydrate

Every part of your body requires water to survive, not to mention to function at its best.

According to the CDC, water helps your body: regulate temperature, lubricate and cushion joints, protect the spinal cord and other sensitive tissues, get rid of wastes through urination, perspiration, and bowel movements.

Different people need different amounts of water to stay hydrated. A good rule of thumb is to drink water when you are thirsty and at meals and to use the color of your urine as a guide to how hydrated you are (clear to light yellow is ideal).

It's getting warmer outside! Instead of reaching for beverages like coffee, juices and alcohol let's work on bringing good old H2O front and center. These other drinks are all fine (trust us, we aren't trying to take these away from you), but it becomes even more important to stay properly hydrated with water as we head into summer.

Your challenge for the month of May: start every morning with a full glass of water to get your systems moving (yes this means even before your coffee), check the color of your urine throughout the day, and listen to your body and its thirst signals.

Challenge 2 - Create a New Tradition w/ Your Kids

Life is crazy! It is easy to feel strained in our relationships, even with our kids, as we work to balance all of the demands of life. As we struggle to handle all the things thrown our way, it can be easy to move into auto-pilot once we've found a routine.

But, as always, it's important to spice up routines every once in a while. The month of May is all about you (mom) and we want to encourage you to think outside the box and come up with your own new springtime tradition in your home. It can be for Mother's Day or just something you and your kiddos do each year when the weather warms up and the flowers start blooming.

Your challenge for May is to create and implement one new springtime or Mother's Day tradition with your kiddos. Caveat: if you already start a garden every spring with your children, that doesn't count (for this challenge). The novelty of this is an important piece of this challenge, and we encourage you to try to get creative. Share with us in the Facebook group what you go with. Maybe your creative juices will help spur another mom on her own journey to creating new traditions.

Challenge 3 - Ask for Help

Mothers are the backbone of the family unit. Moms are taking on more and more in the crazy and hectic world we live in today. This leads to many overloading an already overburdened plate.

It is essential to learn to ask for help. Mothers, in particular, are not very good at pausing and saying "I simply can't do this. I need someone to help me." As moms we have this tendency to feel that we need to do it all, be everything for everybody, and never show any cracks in our armor.

We want to remind you that asking for help is not a sign of weakness. In fact, it is a sign of strength and inner wisdom. It takes an intuitive individual to recognize what she has the bandwidth to take on at any given moment and it requires strength to kindly and compassionately say the word no when too much is too much.

This month, we challenge you to pause and think through your day each morning. Decide on one thing that really doesn't have to be on your plate. One thing that you can ask someone to help you with (or perhaps it's something that doesn't actually need to be done right now, or maybe even at all). Now is a great time to reprioritize our ideas of what must be done and the self-imposed deadlines we give ourselves.

MAY CHALLENGE

CHALLENGE 1: HYDRATE

Start every morning with a full glass of water to get your systems moving (yes this means even before your coffee), check the color of your urine throughout the day, and listen to your body and its thirst signals.

ACTION PLAN

This month I will hydrate my body with plenty of water, starting first thing in the morning.

I will remind myself to drink water throughout the day by:

CHALLENGE 2: NEW TRADITIONS

Create one NEW springtime or Mother's Day tradition with your children. Caveat: if you already start a garden every spring with your children, that doesn't count (for this challenge). The novelty of this is an important piece of this challenge, and we encourage you to try to get creative.

This month I will start a new tradition with my kids.

Our new springtime or Mother's Day tradition will be to:

Planning in advance takes the stress out of things like this. The supplies I will need to carry out this tradition include:

CHALLENGE 3: ASK FOR HELP

Pause and think through your day each morning. Decide on one thing that really doesn't have to be on your plate. One thing that you can ask someone to help you with (or perhaps it's something that doesn't actually need to be done right now, or maybe even at all). Now is a great time to reprioritize our ideas of what must be done and the self-imposed deadlines we give ourselves.

This month I will ask for help.

Some tasks I could easily ask for help with this month include:

I will think through my day each morning and find one thing that really doesn't need to be on my plate. I will either take it off my to-do list or ask someone else to help me with it. Write down when and where you will think through this each morning (i.e. in bed, while brushing teeth, first cup of coffee, etc.)

It's up to you to make your life.

TAKE WHAT YOU HAVE AND STACK IT UP LIKE A TOWER OF TEETERING BLOCKS. BUILD YOUR DREAM AROUND THAT.

- Cheryl Strayed

Take a few moments to answer these questions about this month's challenges. Research shows that thinking through these questions and taking a moment to write out our answers can see our success rate drastically improve!

How important are each of these challenges to me? How will my life improve when I have succeeded at these challenges?

My biggest struggles with this month's challenges will be:

I will overcome these struggles by (be specific):

I may need support with _____.

I can get that support from _____.

I will know I have succeeded when:
