

A weekly planning calendar is shown on a wooden surface. The calendar is a grid with days of the week labeled at the top. It is surrounded by various writing tools: a black pen, a blue highlighter, and a clear pen. There are several colorful sticky notes (pink, orange, green, blue) placed around the calendar. The word 'TRACKER' is written in large letters at the top right of the calendar. The word 'Monday' is written in cursive at the top left of the calendar. The text 'Master Your Week: THE POWER OF A WEEKLY PLANNING DAY FOR MOMS' is overlaid on the calendar in a white box.

*Master Your Week:*

**THE POWER OF A  
WEEKLY PLANNING  
DAY FOR MOMS**

# THE WOMAN HELPING NEW MAMAS THRIVE

## Get to Know Jaree

Hi, I'm Jaree Williams, a postpartum wellness coach dedicated to helping new moms prioritize their well-being while navigating motherhood.

After my own experience with postpartum depression, I became passionate about empowering moms to reclaim their identity through balance and self-care. I created the 'Nurturing The Mama Membership' to provide community and support on this journey.



As a trained maternal mental health advocate, I focus on helping moms build habits that promote emotional, physical, and mental wellness. My goal is to ensure that every mom feels seen, supported, and capable of thriving, not just surviving, in this season of life.

Through my membership, resources, and coaching, I offer practical tools and compassionate guidance to help moms prioritize themselves without feeling guilty. You don't have to go through this alone – I'm here to walk alongside you.

- "DO YOU OFTEN FEEL OVERWHELMED BY THE DAILY DEMANDS OF MOTHERHOOD, WISHING FOR A MORE ORGANIZED AND INTENTIONAL WEEK?"
- "ARE YOU READY TO PRIORITIZE YOUR WELLNESS AND EMBRACE THE POWER OF PLANNING TO CREATE A MORE BALANCED LIFE?"

## **Importance of a Weekly Planning Day:**

Establishing a "*Weekly Planning Day*" is important for busy moms who juggle multiple responsibilities.

By dedicating time each week to organize meal prep, self-care activities, household tasks, and quality time with loved ones, you can create a predictable structure that reduces stress and enhances your overall wellness.

This intentional approach not only helps you manage your time more effectively but also empowers you to prioritize your needs, making room for self-care and connection.

I'm here to guide you through this process, offering support and strategies to help you thrive in your journey as a mother.

But before you get started decide, what did are you going to do weekly planning?





## WHY I CREATED THIS GUIDE FOR YOU

I Feeling stretched too thin and unsure where to start when it comes to taking care of yourself? You're not alone. This guide is here to give you simple, actionable steps to reclaim your time, set priorities, and build balance—without adding more to your plate.

By the end of this guide, you'll have practical tools to implement immediately, including easy self-care habits, non-negotiables for your wellness, and systems to bring peace to your home.



## CLIENT RESULTS

I struggled with postpartum depression after the birth of my first child, and it felt overwhelming and isolating. When I became pregnant with my second, I turned to Jaree for guidance, and she truly changed my experience. From our first session, I felt a genuine connection with her, and her support made all the difference. Jaree equipped me with practical tools and emotional support that helped me navigate the postpartum period with confidence. Thanks to her, my second postpartum journey was not only manageable but also filled with joy and empowerment. I can't recommend Jaree enough for any mom looking to prioritize her wellness and find a supportive community!

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# Daily Affirmations for Overwhelmed Moms

# Daily Affirmations

Create 3-5 short affirmations focused on reducing burnout and reconnecting with themselves:

- "I am allowed to take care of myself without guilt."
- "My wellness is essential to the well-being of my family."
- "It's okay to set boundaries and say no."
- "Small steps add up to big changes."

Place these affirmations on where you will see them the most or say them during a quiet moment in your day.



Planning Space for Reflective Planning: Affirmations for Every Day, Relaxation of the Mind, and Personal Exploration.

Compose a heartfelt letter to yourself to provide encouragement during the tough days.

# Create Effective Home Systems That Work for You

# Effective Home Systems

## **Break Down Simple Systems:**

- Morning Reset: Write down 1-3 things to organize your day (e.g., meal prep, kids' tasks).
- Evening Reset: Tidy one key area (e.g., kitchen or living room) to wake up to a calmer space.
- Delegate & Automate: Identify one task to delegate or simplify this week (e.g., set laundry days or use a grocery delivery service).

## **Quick Actionable Step:**

- "Choose ONE system to implement this week and stick with it for three days. You don't need a perfect routine; you need one that serves you."

# Meal Prep Masterplan

Create a list of preferred meals or dietary needs before the baby arrives.

Ask yourself:

- What quick meal options can you rely on for Breakfast, Lunch, and Dinner?  
Having a supply of healthy, easily reachable meals guarantees that you have nourishing food ready during the busy early days. Seek assistance from friends, family, or a meal delivery service to make things easier.

Stay tuned for more on the following page.





# Task Delegation

Identify the tasks you need help with, such as:

- Household chores like laundry, dishes, sweeping, and mopping
- Grocery shopping
- Meal preparation
- Caring for older siblings
- Taking care of pets
- Tending to plants
- Work-related tasks

Clearly communicate your requirements to your support system by assigning tasks and setting schedules. This will enable you to concentrate on recovering and bonding with your newborn.

## Top 4 Methods for Delegating Tasks:

- Divide the Responsibilities
- Arrange for Childcare Support
- Involve Extended Family and Friends
- Streamline Scheduling and Organization
- Seek Assistance from a Professional

How can you make this a reality?

When considering your daily routine, distinguish between what fills you up and what drains you. For instance, you might enjoy cooking dinner but find folding clothes to be draining. Be truthful as you make your lists.

**Filling**

**Draining**





Make Self-Care a Daily  
Practice

### **Highlight Small, Doable Actions:**

- 5-Minute Wins: Stretching, journaling, or stepping outside for fresh air.
- Time Blocking: Schedule 15-30 minutes for yourself daily (e.g., reading, skincare).
- Energy Check-In: Pause 2-3 times a day and ask yourself, "What do I need right now?"

### **Define Non-Negotiables for Wellness:**

- Examples: Drinking water, eating one nutritious meal, taking a break when overwhelmed.
- Write down three non-negotiables you can commit to daily, no matter how small.

# SELF CARE PLAN

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

# Space for Reflective Planning: Prioritizing Self-Care

# Non-Negotiables

Set your non-negotiables, whether they revolve around daily self-care routines, quiet bonding moments, or periods of solitude. Clearly articulating these limits is crucial for preserving a healthy equilibrium between caring for your family and prioritizing your well-being.

Move on to the following page to fill out the form.





## Next Steps

Congratulations on finishing the guide! If this guide gave you a glimpse of what's possible, imagine having ongoing support, a like-minded community, and tools to create lasting change. That's exactly what you'll find in the Nurturing the Mama Membership. Ready to build the balance you crave?

Join us: <https://www.navigatingpostpartumwellness.com/new-mom-postpartum-community>

If you are Not ready for the membership just yet? Stay connected and inspired by joining my free Substack community. You'll get weekly encouragement, practical tips, and a sneak peek into how other moms like you are building balance and wellness. [Join Here](#)

Take a moment to share your experience on this journey using this guide by emailing [info@navigatingpostpartumwellness.com](mailto:info@navigatingpostpartumwellness.com). Your feedback on what worked well, areas for improvement, and what wasn't as helpful is invaluable.

Remember, creating balance and prioritizing wellness doesn't have to be perfect—it just needs to be intentional. Start small, give yourself grace, and know that every step you take is a step toward the mom and woman you want to be. Be sure to join the substack community, I'd love to connect with you.