



audrey's nest  
Sacred Maternal Wellness

*Because you matter too*

## Fourth Trimester Self-Care Planner

Gentle tracking for your postpartum journey - print multiple copies for each week

### Weekly Mood & Wellness Tracker

Week of: \_\_\_\_\_

MON



—/—

TUE



—/—

WED



—/—

THU



—/—

FRI



—/—

SAT



—/—

SUN



—/—

#### Hydration (8 glasses/day)

☐☐☐☐☐☐☐☐

#### Movement & Rest Balance

Gentle movement: ☐☐☐

Naps/rest: ☐☐☐

### 20 Affirmations for New Moms

"I am exactly the mother my baby needs."

"My body did something incredible."

"It's okay to ask for help."

"I am learning alongside my baby."

"Rest is productive."

"My feelings are valid."

"I don't have to do it all."

"Good enough is good enough."

"I am stronger than I know."

"This season will pass."

"I deserve compassion."

"My needs matter too."

"I am doing my best."

"It's okay to feel overwhelmed."

"I trust my instincts."

"Every small step counts."

"I am not alone in this."

"My baby loves me unconditionally."

"I am allowed to take breaks."

"I am becoming who I need to be."

### This Week's Wins

Win #1

Win #2

Win #3

### My Support Network

Partner: \_\_\_\_\_

Family: \_\_\_\_\_

Friend: \_\_\_\_\_

Doula: \_\_\_\_\_

Therapist: \_\_\_\_\_

Pediatrician: \_\_\_\_\_

Crisis Line: Postpartum Support International: 1-800-944-4773



audrey's nest  
hello@audreysnest.com

For personalized postpartum support  
[audreysnest.com/contact](https://audreysnest.com/contact)