

*celebrating mother's day*  
**AS A BEREAVED MOTHER**

**IDEA LIST**

*Mother's Day doesn't have to be about what others do or don't do,  
but about how you choose to celebrate your own story and value as a mom.  
So how will you choose to celebrate?*

MARY MARGARET POWITZ

*by*

**THE MORNING**

## IDEA LIST

*listen to the episode: [www.themorning.com/episode119](http://www.themorning.com/episode119)*

**CIRCLE THE IDEAS THAT SOUND THE MOST LIFE-GIVING TO YOU?**

- GET A SPA TREATMENT OR HAVE YOUR OWN SPA DAY AT HOME
- GO FOR A WALK
- PLANT SOMETHING.
- MAKE YOUR FAVORITE BREAKFAST TREAT OR ORDER TAKE OUT FROM YOUR FAVORITE BRUNCH SPOT
- WRITE IT OUT: WRITE A LETTER TO YOUR BABY OR JOURNAL.
- GET CREATIVE: MAKE SOMETHING OR DO A LITTLE COLORING
- LOOK & REMEMBER: LOOK THROUGH PHOTOS & KEEPSAKES
- BUY YOURSELF FLOWERS.
- VISIT SOMEWHERE YOU WISH YOU COULD TAKE YOUR BABY.
- TEXT A FRIEND WHO MIGHT BE HURTING OR SOMEONE WHO HAS MOTHERED YOU IN THIS SEASON.
- BONUS. DO NOTHING AT ALL.

EXTRA IDEAS

by

THE MORNING

## PREP LIST

*listen to the episode: [www.themorning.com/episode119](http://www.themorning.com/episode119)*

WHAT DO YOU NEED TO DO AHEAD OF TIME TO MAKE THOSE THINGS HAPPEN?

### **GET A SPA TREATMENT OR HAVE YOUR OWN SPA DAY AT HOME**

Make an appointment for a spa treatment.

Pickup the supplies for a spa treatment at home.

### **GO FOR A WALK**

Is there somewhere new you want to walk?

Or somewhere meaningful and special to you?

### **PLANT SOMETHING.**

What will you plant?

Do you need any supplies?

### **MAKE YOUR FAVORITE BREAKFAST TREAT OR ORDER BRUNCH TAKE**

Check out the brunch recipe at [www.themorning.com/episode119](http://www.themorning.com/episode119)

### **WRITE IT OUT: WRITE A LETTER TO YOUR BABY OR JOURNAL.**

Download and print out this journal guide at [www.themorning.com/episode119](http://www.themorning.com/episode119)

### **GET CREATIVE: MAKE SOMETHING OR DO A LITTLE COLORING**

What are you going to make?

Do you need to pick up or order any supplies?

Print out the coloring book here.

### **LOOK & REMEMBER: LOOK THROUGH PHOTOS & KEEPSAKES**

Do you have a keepsake box? If not, you could start one on Mother's Day.

### **BUY YOURSELF FLOWERS.**

Go to [www.themorning.com/episode119](http://www.themorning.com/episode119) for a link to "how to arrange grocery store flowers" tutorial

### **VISIT SOMEWHERE YOU WISH YOU COULD TAKE YOUR BABY.**

Where would you want to go?

Do you need to buy tickets or make reservations?

### **TEXT A FRIEND WHO MIGHT BE HURTING OR SOMEONE WHO HAS MOTHERED YOU IN THIS SEASON.**

Who do you want to text?

### **BONUS. DO NOTHING AT ALL.**

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