



The Modern Mom's Playbook

Balancing Work, Family, and Wellness

By Barb Chung

It's not about doing it all—it's about *doing what matters*.



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Welcome to Your Playbook

Motherhood, career, self-care—balancing it all can feel overwhelming. But the truth is, you don't need to do everything perfectly to live a meaningful, fulfilled life. This playbook is not a rulebook. It's a collection of strategies, tips, and routines you can adapt to fit your needs.

Throughout this playbook, you'll find **reflection prompts and exercises** designed to help you take action. Treat it like your personal game plan, adjusting and refining it as you go.

Let's dive in and find **your version of balance**.

Part 1: Pre-Game Warm Up – Mindset Shifts for Thriving, Not Surviving

Chapter 1: Redefining Balance for the Modern Mom

Balance isn't about splitting time equally between work, family, and self-care—it's about aligning your actions with your priorities. Some days, work will take the front seat; other days, family or personal time will. The goal is to be intentional, not perfect. Rather than chasing perfection, focus on progress in the areas that matter.

Reflection Practice

What does balance mean to you? Write a few sentences on what a balanced life looks and feels like. Think about the areas where you feel stretched thin, and the ones where you feel fulfilled.

Activity:

1. List the top 3 priorities in your life right now.
2. Which activities or commitments are not serving these priorities?

This reflection will help you **focus your energy** on what truly matters.

Chapter 2: Setting Boundaries Like a Pro

There's a myth that being available 24/7 makes you a better mom, employee, or partner. In reality, boundaries protect your time and energy, allowing you to engage meaningfully with what matters most. Boundaries aren't about shutting people out—they're about aligning your time with your priorities.

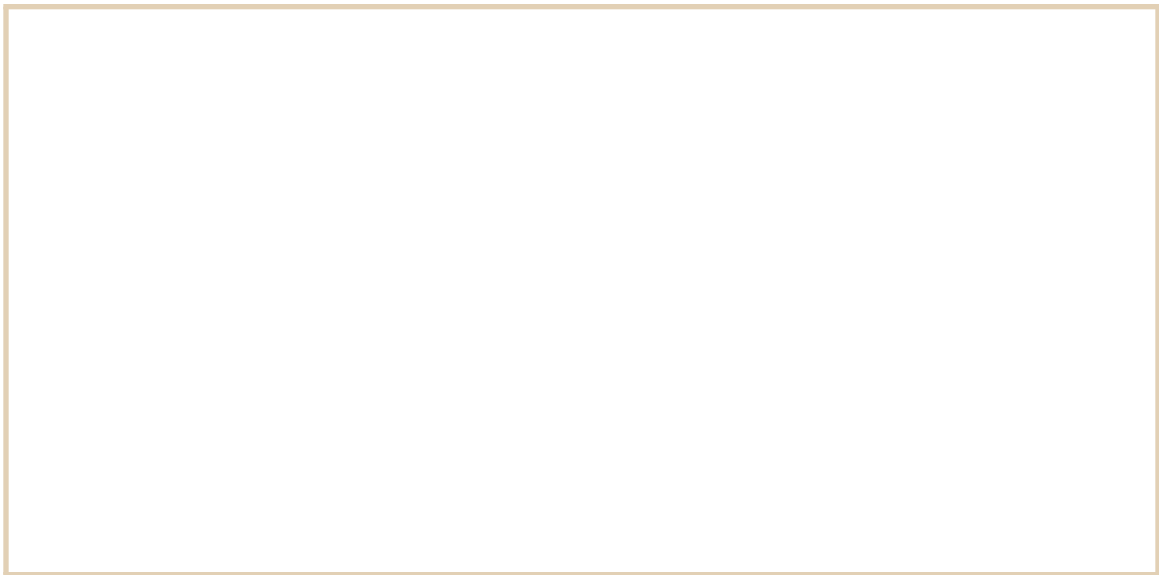
Practical Tip: Scripts for Saying No (Without Guilt)

At Work: Thanks for thinking of me! My schedule is full, so I won't be able to take this on.

With Friends: I'd love to help, but my week is packed. Let's find another way I can support you.

Reflection Practice: Identifying Your Boundaries

Write down where you need stronger boundaries. What drains your energy? What's one boundary you could set this week?



Part 2: Game Plan – Designing Systems for Work, Family, and Self-Care

Chapter 3: Crafting Your Winning Routine

Morning routines set the tone for your day. Create a ritual that touches your body, mind, and soul. It could be a walk, journaling, or enjoying a quiet coffee. In the evening, wind down with a candle and a short skincare routine.

Morning Ritual Worksheet

Write down 3 things you’d love to include in your morning routine—however small.

Here’s a framework to guide you:

- **Body:** A quick workout or stretching.
- **Mind:** Journaling or reading for 10 minutes.
- **Soul:** Enjoying coffee in your favorite mug or stepping outside for fresh air.

Now, **experiment** with this routine for a week and reflect: What worked? What didn’t?

<i>Body</i>	<i>Mind</i>	<i>Soul</i>

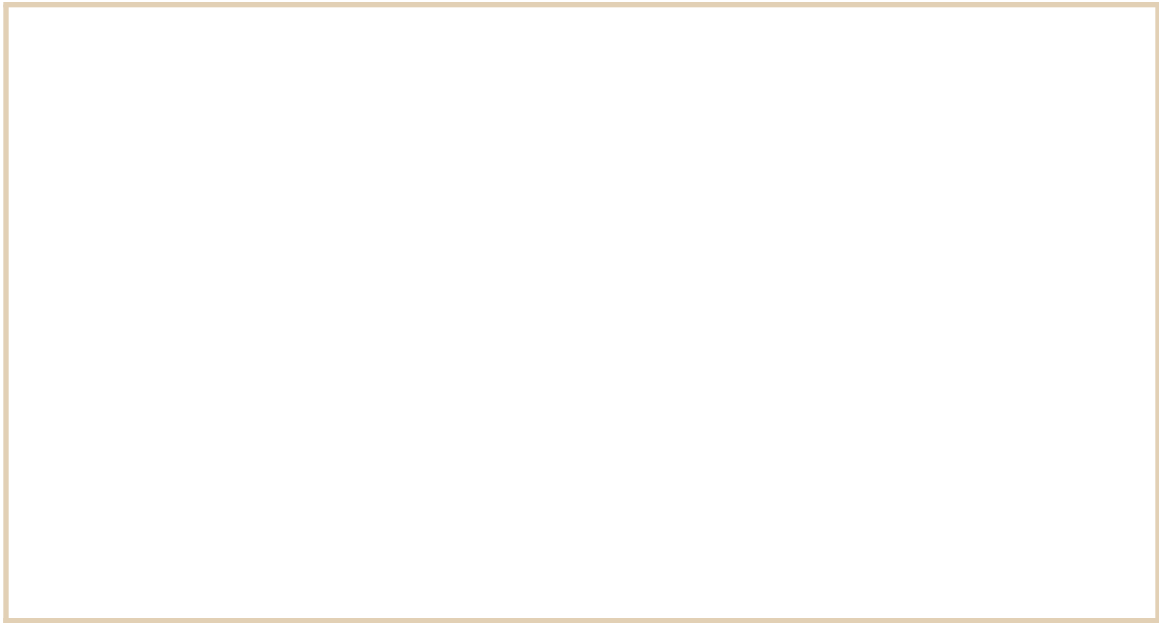
Chapter 4: Managing Your Workload with Confidence

Delegate tasks when possible, and focus on what only you can do. Use tools like time batching and the 2-Minute Rule to stay efficient.

Prompt

What tasks drain your energy at work? What activities fuel your motivation?

Write down two tasks you can **delegate** this week—at work or home.



Pro Tip: Try the **2-Minute Rule**—if a task takes less than 2 minutes, do it immediately. Otherwise, schedule it or delegate it.

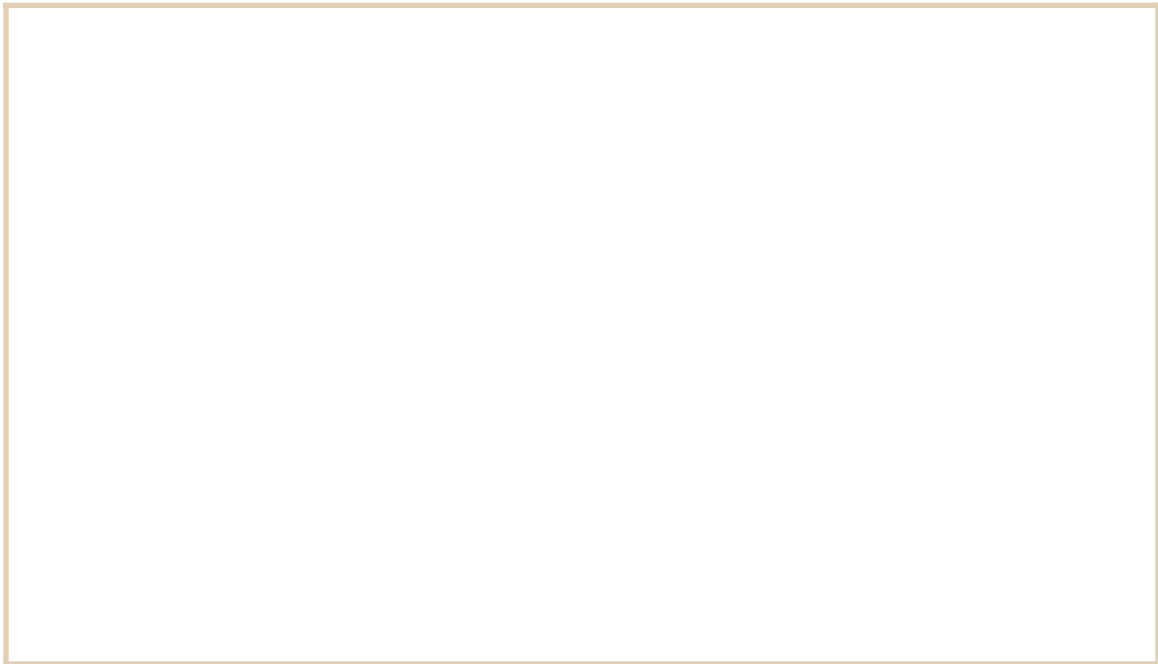
Chapter 5: Family Time That Feels Intentional and Fun

Focus on quality over quantity. Plan simple activities like a walk, picnic, or game night. What matters is being fully present for your family.

Activity: Family Fun Brainstorm

Sit down with your family and ask: *What's one thing we can do together this week that everyone will enjoy?*

- Use a **Family Fun List** to track simple activities—outdoor walks, picnics, board games, or day trips.
- Reflect after your chosen activity: *How did we connect? What felt special?*



Part 3: Power Moves – Wellness for Sustained Energy and Joy

Chapter 6: Self-Care Playbook – Non-Negotiables for Busy Moms

Small daily indulgences—like skincare or journaling—can anchor your wellness. Schedule bigger treats, like spa days or solo retreats, at least once a month.

Reflection Exercise

Write down:

- One small thing you can do for yourself every day (e.g., skincare, journaling).
- One monthly indulgence to look forward to (e.g., spa day, solo staycation).

Commit to these self-care practices by adding them to your calendar.

Chapter 7: Fuel Your Body and Mind

Plan meals ahead of time to reduce stress during the week. Make time for mental health practices, whether that’s journaling, therapy, or meditation.

Meal Planning Challenge

For the next week, plan three meals ahead of time. After each meal, reflect:

- *Did this meal fuel me physically?*
- *Did it ease stress by being prepared in advance?*

Adjust as needed until meal prep becomes a tool, not a chore.

<i>Meal 1</i>	<i>Meal 2</i>	<i>Meal 3</i>

Part 4: Time-Out Strategies – Rest, Recovery, and Connection

Chapter 8: Designing Your Support System

You're not meant to do everything alone. Build a support system by asking for help from your partner, family, or friends when needed.

Support System Mapping Activity

Write down the key people you can lean on in your life—at home, work, and within your community.

- Identify 1 task or responsibility you can **delegate** to each person this week.
- Reflect: *How did it feel to ask for help? How did it impact your stress levels?*

Chapter 9: Rest and Recovery – The Secret to Longevity

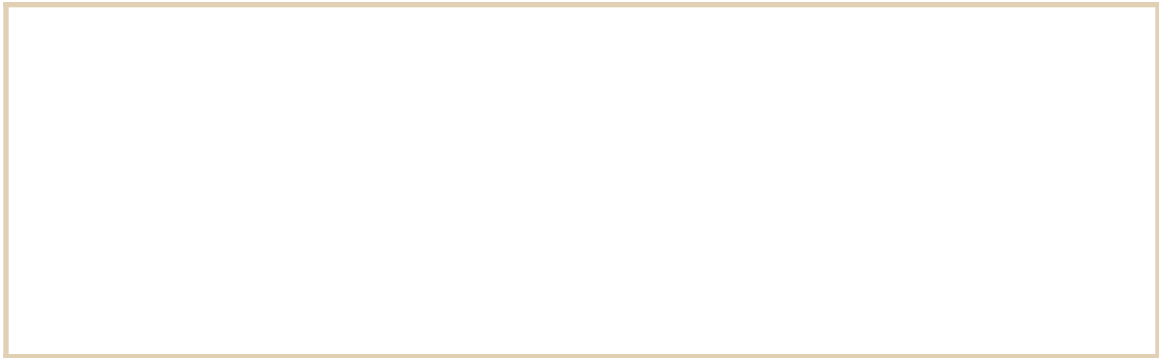
Rest is essential for sustainability. Plan regular digital detoxes, daily downtime, and longer breaks, like vacations, to recharge.

Digital Detox Challenge

For one evening, unplug from screens 1 hour before bed. Light a candle, take a bath, or journal instead.

Afterward, reflect: *How did unplugging affect your mood and sleep?*

Commit to making **rest a regular part** of your wellness routine—daily, monthly, and quarterly.



Part 5: Post-Game Recap – Evaluating and Adjusting Your Plan

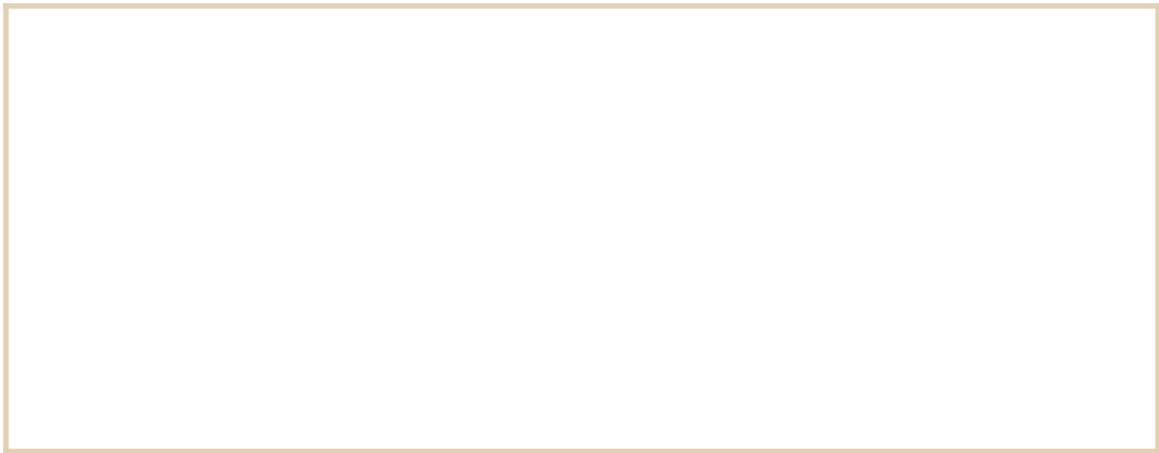
Chapter 10: Embrace Progress, Not Perfection

Life changes, and so should your routines. Evaluate regularly, adjust what's not working, and celebrate small wins along the way.

Monthly Reflection Journal Prompt

At the end of each month, answer these questions:

1. What worked well this month?
2. What didn't work, and how can I adjust?
3. What small win am I proud of?



Use your reflections to **tweak your routines** and keep moving forward.

You've Got This, Mama

Motherhood, career, self-care—it's a lot, but you have the tools to create a life that feels aligned and joyful. Keep refining your approach, and savor the small moments along the way. You've got this.

Bonus Plays – Quick Tips and Checklists

Daily Play Checklist

1. **Morning Movement:**
 - 5 AM workout, yoga, or a walk with the dog.
 2. **Family Connection:**
 - Sit down for breakfast or dinner with your family, even if it's quick.
 3. **Focused Work Block:**
 - 30-60 minutes of deep, uninterrupted work (batch emails, strategy sessions).
 4. **Mindful Break:**
 - Take a 10-minute break to stretch, breathe, or journal midday.
 5. **Evening Wind-Down:**
 - Skincare routine, a cup of herbal tea, or 10 minutes of light reading.
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Self-Care Checklist

Daily:

- 5-10 minutes of journaling, mindfulness, or gratitude practice.
- Enjoy your morning coffee or tea slowly, without distractions.

Weekly:

- At-home spa night: mask, bath, candles.
- Walk in nature or a solo coffee date.

Monthly:

- Schedule a massage, facial, or therapy session.
- Plan a fun day out—golf, brunch, or a fitness class.

Quarterly:

- Book a mini-vacation or solo staycation to recharge.
 - Set new personal or family goals and check in on your progress.
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About the Author: Barb Chung

Barb is a solutions engineer, wife, and mom of two young children. She shares insights on balancing work, family, and wellness through her Instagram [@barbchung](#) and blog, [The Lifestyle of Us](#). When she's not working or spending time with family, Barb enjoys golfing, traveling, and savoring her morning tea ritual. Barb lives in British Columbia, Canada with her family and their rescue dachshund, Louie.