



# Family Kit

Kit





Mamma

# TO DO LIST

Data

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SONO GRATA PER:



URGENTI:



ACQUA



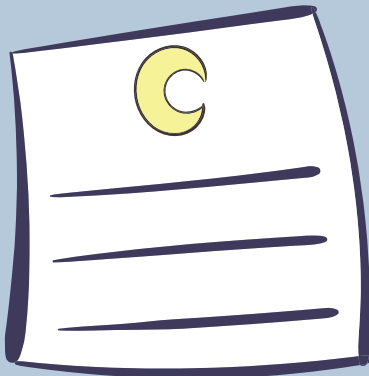
# ROUTINE GIORNALIERA DELLA MAMMA



## IDEE PER LA TUA ROUTINE:

- .. ✦ SVEGLIA PRESTO
- .. ✦ MEDITAZIONE
- .. ✦ SELF CARE
- .. ✦ STRETCHING
- .. ✦ SCRIVI SUL TUO DIARIO

# ROUTINE SERALE DELLA MAMMA



## IDEE PER LA TUA ROUTINE:

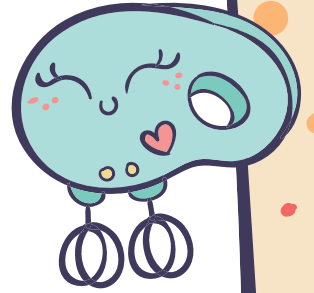
- ..◇• AROMATERAPIA
- ..◇• TISANA
- ..◇• LEGGERE
- ..◇• PULIZIA VISO
- ..◇• MEDITAZIONE

# Menu planner



PRANZO

COLAZIONE

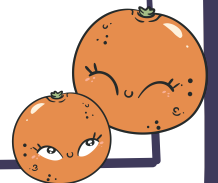


CENA



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IDEE SNACK



INIZIARE UN  
DIARIO

FARE IL LIEVITO MADRE  
IN CASA

FARE MEDITAZIONE  
CON I PODCAST

# IDEE DI COSE DA FARE

CREARE UN QUADRETTO  
CON FIORI SECCHI O STAMPATI

GIARDINAGGIO

CREARE DELLE ROUTINE  
POSITIVE GIORNALIERE



A blank movie review card template with a scalloped left edge, a dashed vertical line on the right, and a small heart icon at the bottom right corner.



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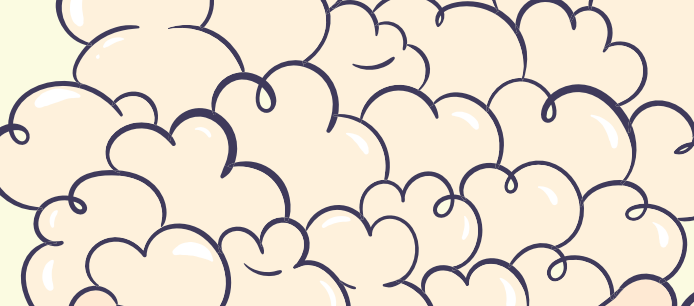
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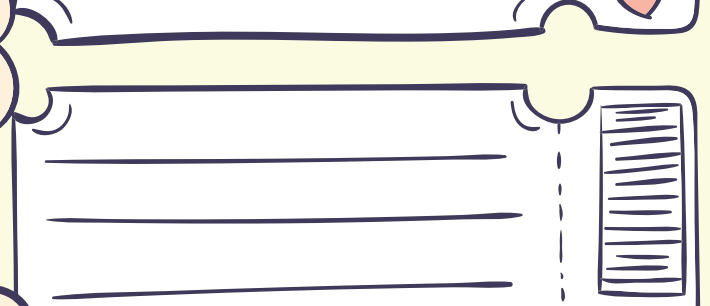
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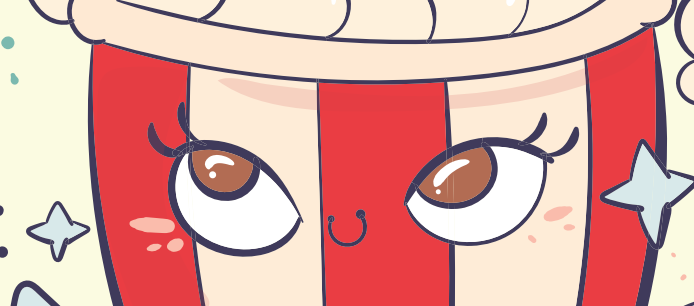
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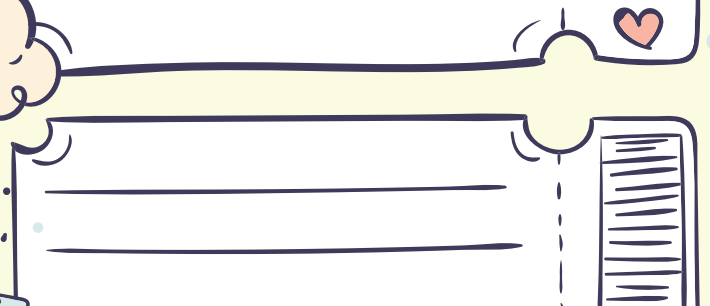
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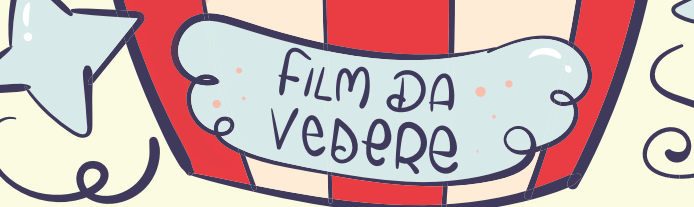
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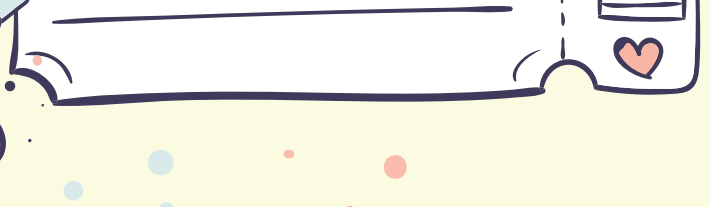
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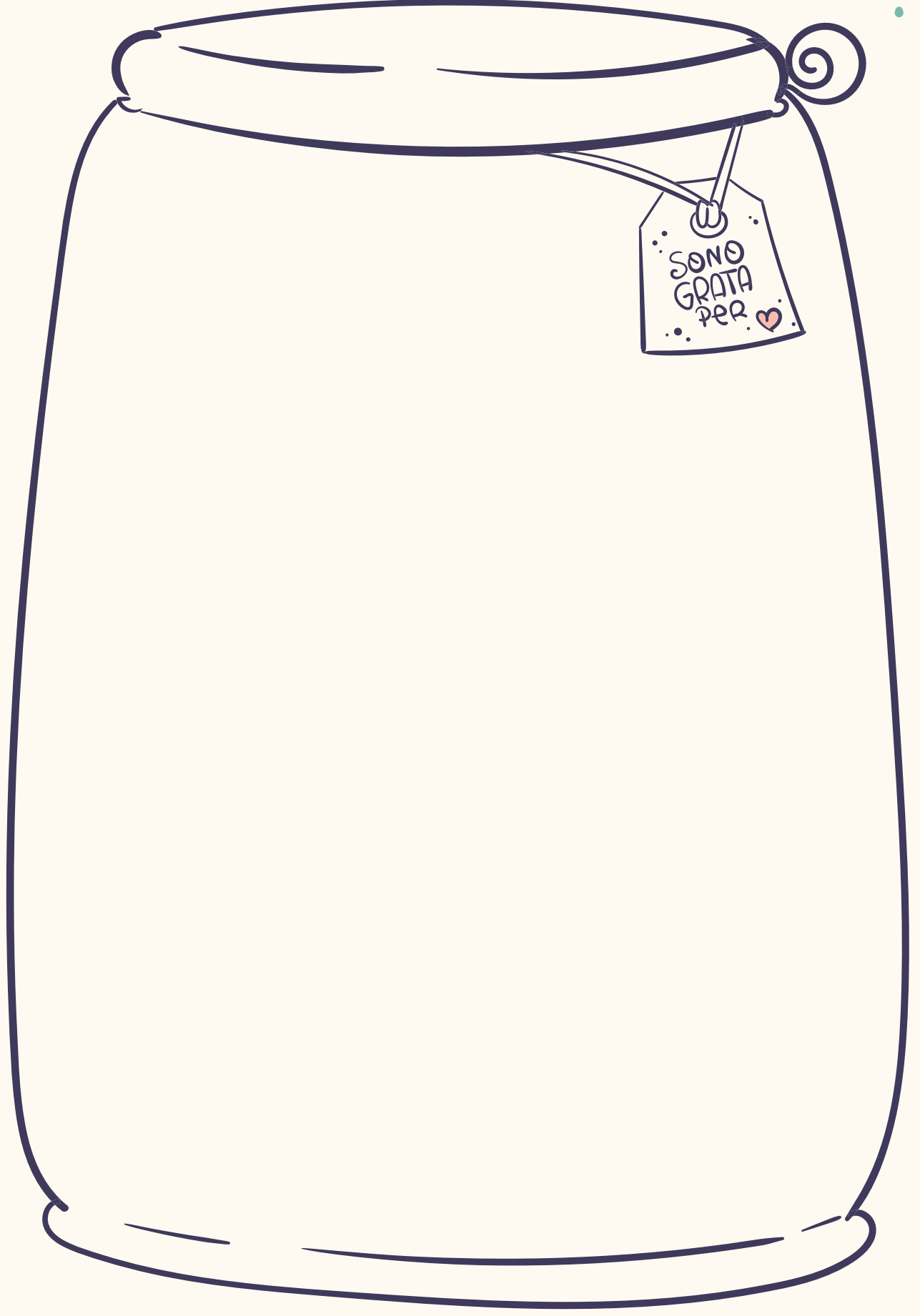


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# PAGINA DELLA GRATTITUDINE



SONO  
GRATA  
PER



# LA MIA VISIONBOARD

LA VISION BOARD È UNA BACHECA DI IMMAGINI ISPIRAZIONALI CHE CI AIUTA A VISUALIZZARE I NOSTRI SOGNI. RITAGLIA DALLE RIVISTE DELLE IMMAGINI CHE POSSANO RAPPRESENTARE QUELLO CHE DESIDERI RAGGIUNGERE E POSIZIONA POI LA BACHECA IN UN PUNTO VISIBILE DELLA STANZA.

FAMIGLIA

PERSONALE

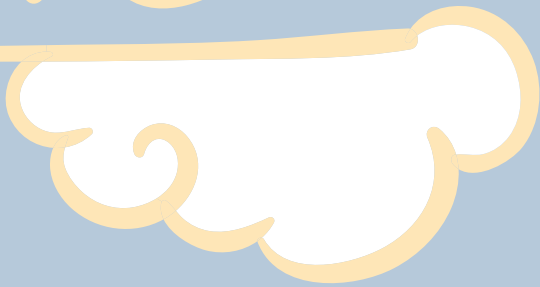
LAVORO

CASA

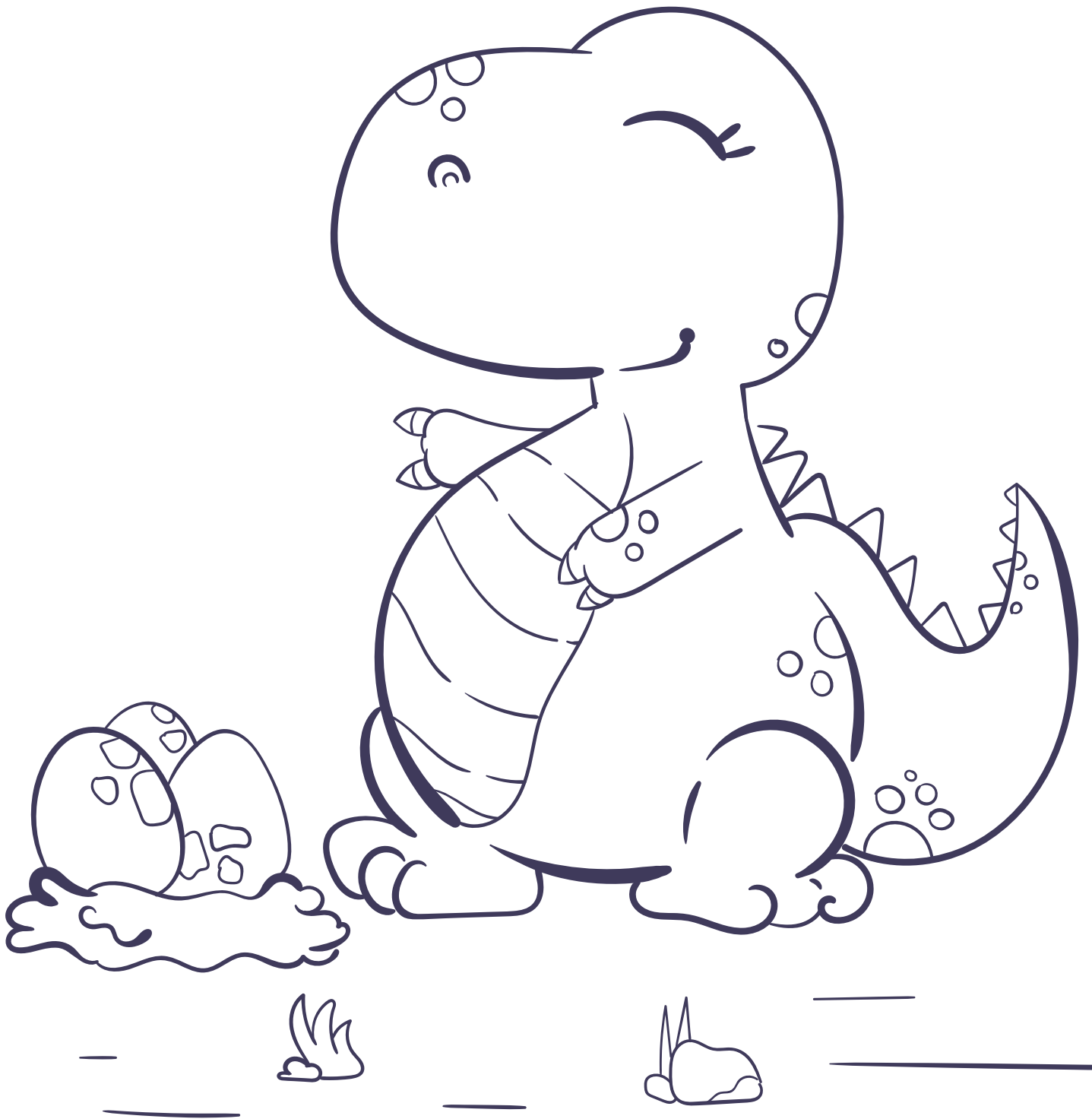
QUI LA  
TUA FOTO



BABY



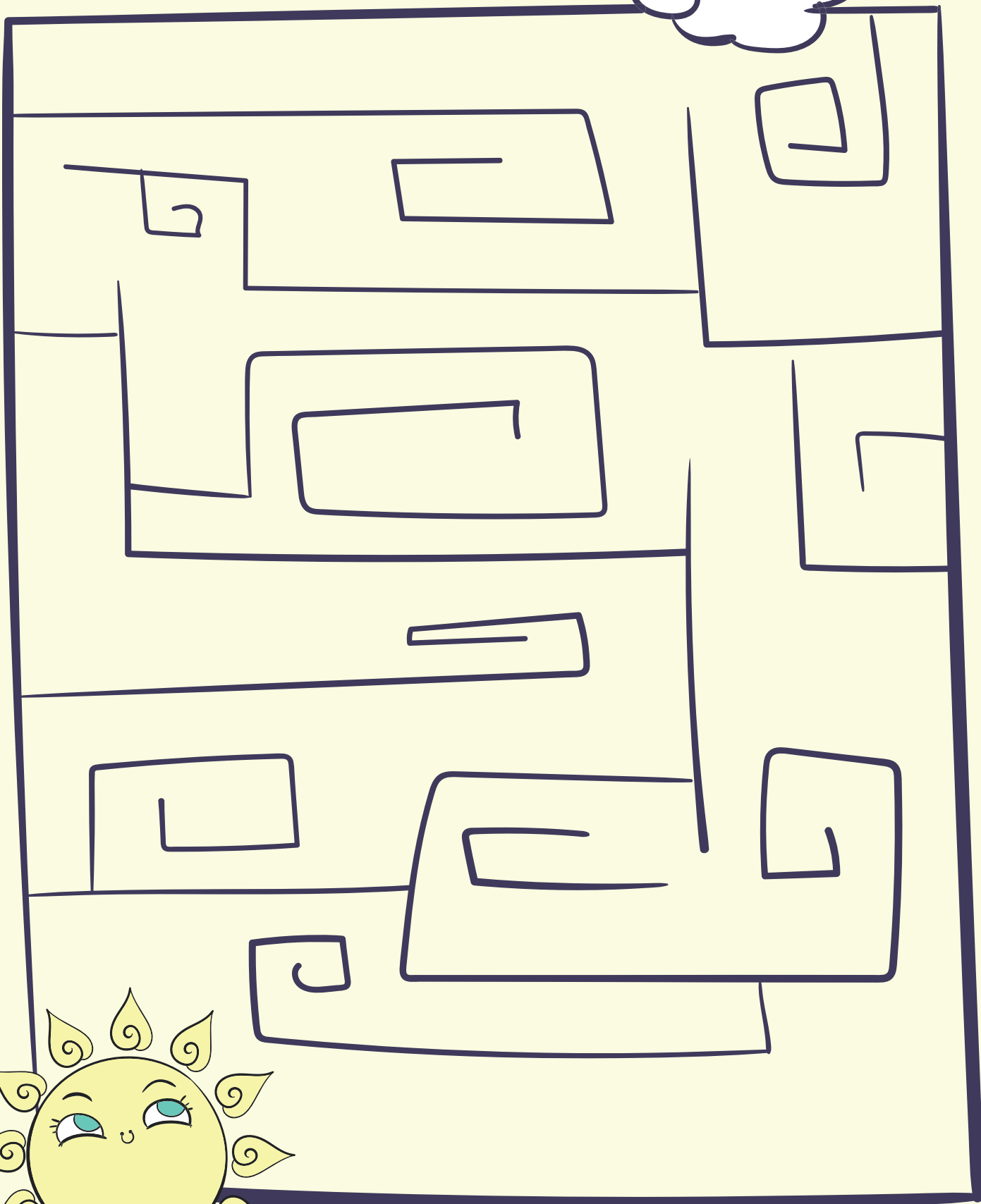








# LABIRINTO

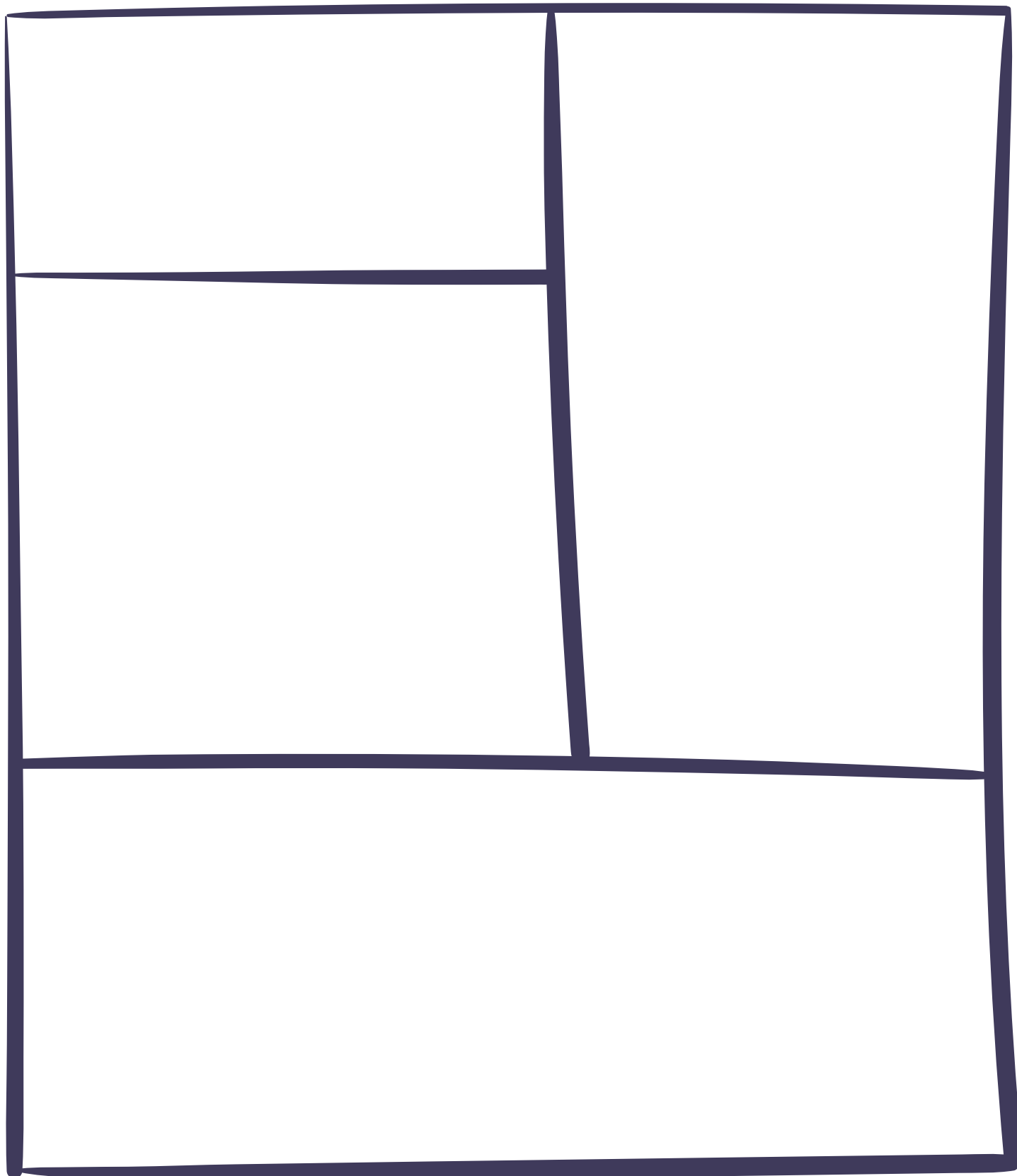




# TROVA LA STRADA



DISSEGNA LA  
TUA STORIA




# GRAAZIE

PER AVER CONDIVISO IL POST,  
SI TRATTA DI UN GRANDE RINGRAZIAMENTO  
PER L' AVER REALIZZATO QUESTO PROGETTO

## CONTATTI

WONDERVALY - GRAFICA E ILLUSTRATRICE

[WWW.WONDERVALY.IT](http://WWW.WONDERVALY.IT)

 @WONDER.VALY

 WONDERVALYCHANNEL

GABRYCREATIONS - CERCHIETTI E TURBANTI

[WWW.GABRYCREATIONS.IT](http://WWW.GABRYCREATIONS.IT)

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 GABRY CREATIONS