



WARRIOR MOM® NEEDS LIST

BEFORE THE CONFERENCE

My Mind Needs:

My Body Needs:

My Heart Needs:

DURING THE CONFERENCE

My Mind Needs:

My Body Needs:

My Heart Needs:

AFTER THE CONFERENCE

My Mind Needs:

My Body Needs:

My Heart Needs:

NEEDS ARE SIMPLE THINGS THAT FEEL DOABLE AND NOT OVERWHELMING. REMEMBER TO BE AS SPECIFIC AS POSSIBLE.