

5-MINUTE RICH MOM RESET JOURNAL

Daily prompts to help you upgrade your
mindset, take aligned action, and step
into your next-level self.



BY THE CURATOR MOM

Becoming the woman you dream of doesn't happen all at once — it happens in tiny, daily choices.

Every decision you make can bring you closer to the confident, abundant, rich mom version of yourself.

This journal gives you 5 minutes a day to reset, focus, and choose one upgrade that moves you forward.

Over time, these micro-actions add up to a big transformation.

How to use this journal:

- Choose a quiet moment (morning, nap time, or evening).
- Answer honestly and quickly — don't overthink.
- Focus on one small, aligned action you can take today.
- Repeat daily and watch your life elevate little by little.

TODAY'S RICH MOM RESET

Date: / /

One word that describes my next-level self:

One action I can take today to step closer to her:

One thing I'll say "no" to (because she wouldn't do it):

One upgrade I can make (tiny, but powerful):

(ex: drinking water in a glass instead of plastic, putting on real perfume, sending one email for extra income)

One thing I'm grateful for that reminds me I'm already on my way:



TODAY'S RICH MOM RESET

sample entry

Date: / /

One word that describes my next-level self:

Elegant

One action I can take today to step closer to her:

Take 10 minutes to style my hair instead of tying it up in a messy bun

One thing I'll say "no" to (because she wouldn't do it):

Scrolling Instagram first thing in the morning and comparing myself to unrealistic lives

One upgrade I can make (tiny, but powerful):

(ex: drinking water in a glass instead of plastic, putting on real perfume)

Buy fresh flowers for the kitchen table

One thing I'm grateful for that reminds me I'm already on my way:

My supportive husband who encourages my ideas



KEEP ELEVATING.

Every entry you make in this journal is a seed you're planting for your future self. By saying "yes" to upgrades and "no" to distractions, you are stepping into your rich mom identity.

Remember: these aren't about spending big — they're about signaling abundance and training your mind that elegance and upgrades are normal.

Flowers, candles, soft pajamas, a new lipstick — these little investments are proof that elegance is already part of your daily life.

Each one whispers: I am becoming her.