Soft Mudahood August Challenge
(2nd August – 15th August)

Finding Your Calm in a Chaotic Summer



Challenge Goal:

Choose one new habit at a time and build a calmer, more peaceful summer. And don’t forget to checkout our list of useful tools, products and resources that should help you towards feeling less overwhelmed and more calm.

✅ DAY 1 – Watch the challenge video and reflect.

☐ Watch the full video here to get started

☐ Join the Whatsapp Community

Spend 10 minutes reflecting.

- What makes me feel most overwhelmed during the summer holidays?
- What part of the day feels the most stressful?
- How do I want to feel by the end of this summer?

Action: Write down one intention for the challenge.

✅ DAY 2 – Simplify Your Week

Choose one way to reduce overwhelm this week.

Ideas:

- Meal plan for the week.
- Plan activities for the children.
- Prepare tomorrow the night before.

What did you achieve today to make your day/week less overwhelming?

✅ DAY 3 – Protect Your Morning

Choose one way to start today, here are some ideas:

- Wake up 15-20 minutes before the kids and enjoy a cup of tea/coffee in peace
- Read a bible/book of your choice
- Journal your thoughts and do a brain dump
- 10 minutes of Stretching first thing in the morning.

How did this affect the rest of your day?

✅ DAY 4 – Lower the Pressure

Today, let go of one unrealistic expectation.

Ask yourself:

- What can wait?
- What really matters today?

Then focus on what matters the most - tomorrow's another day.

✅ DAY 5 – Do something fun with the kids

Spending time with the kids can be a great way to keep them entertained whilst also taking a break yourself. Here are some ideas;

Examples:

- Do some painting with them - You can get a great painting kit at: https://amzn.to/4hCEHTt
- Book them in for Soft play - they burn energy whilst you relax
- Take them out for a walk and get some fresh air
- Take them to the park
- Go to the beach if weathers good#
- Run a bubble bath, put them inside and wear them some swimming goggles - they can pretend swim, blow bubbles and look under water (make sure they are supervised at all times of course)
- Look for kids activities in your local community

✅ DAY 6 – Book Yourself in for a Monthy Mama Treat

Here are some ideas you could look into;

- Book a massage session
- Book a spa, steam room and sauna session
- Book for a manicure & pedicure
- Sign up to a Zumba class
- Sign up to swimming class
- Sign up to a yoga class

What activity did you book or plan on booking?

✅ DAY 7 – Share Your Progress

Reflect on your first week.

Write down:

- Three wins.
- One habit that's already helping.
- One thing you'd like to improve next week.

P.S.Feel free to post your biggest win/takeaway inside the Soft Mudahood Circle Whatsapp Group.

Celebrate progress, no matter how small.

✅ DAY 8-13 – Rinse & Repeat

This week is all about consistency.

Each day:

- Continue your favourite habit from Week 1.
- Add one more small calming habit.
- Book that mama activity (if you haven't already done so)
- Notice what helps you feel less overwhelmed.

Feel free to note down your biggest win this week.

✅ DAY 14 – Challenge Complete 🎉

Congratulations!

Take a few minutes to celebrate how far you've come.

Ask yourself:

- Which habit made the biggest difference?
- What felt easier this week?
- What will I continue after the challenge?
- How do I feel compared to when I started?

Useful Products and Resources

Taking Ashwaghanda is a great way to help you feel calmer (please always consult with a medical professional if unsure).

Ashwaghanda Coffee

Get Yours at: https://amzn.to/4xaXnhT

Ashwaghanda Gummies

Get Yours at: https://amzn.to/4xaXnhT

Easy Learning books for 3-5 year olds

Get yours at: https://amzn.to/4vWUJLw

Painting Canvas Set

Get yours at: https://amzn.to/4hCEHTt

Vibration plate exercise machine

Get yours at: https://amzn.to/4fEXHhz

Rewards chart for kids

Get yours at: https://amzn.to/44WihVS

Daily Planner to Stay Organized

Get yours at: https://amzn.to/4fqb2f0

🏆 Action Taker of the Month

Complete as many activities as you can and share your progress inside the Soft Mudahood Circle.

Each month we'll celebrate one member who has shown commitment, consistency, and a willingness to take action—not because they achieved the biggest financial milestone, but because they embraced the challenge and inspired others along the way.

Our Action Taker will receive a **Soft Mudahood Self-Care Box**, filled with thoughtful treats to celebrate their progress.

Remember: A softer life isn't built in one day. It's built one informed decision, one small action, and one courageous step at a time. Every step you take today is an investment in your family's future—and that's something to be proud of.

>> **Join the Whatsapp Community So You Don’t Miss Out**