

The Homeschool Mom's Permission Slip

BY TERESA WIEDRICK
HOMESCHOOL LIFE COACH



How To Use This Checklist

A Permission Slip for You

I, _____, give myself permission to:

- ☐ Put my own needs on the list — not just everyone else's
- ☐ Rest without earning it first
- ☐ Show up as a whole person, not just "Mom"

This isn't one more thing to do. It's proof that you matter too.

Signed: _____

This is not one more thing to add to your list.

This checklist is a daily anchor, a gentle but honest reminder of what it looks like to stop coming last. Use it however fits your life: read it with your morning coffee, work through one practice a week, or simply keep it nearby as proof that your needs matter too.

Review It Daily:

Start each day by reading to set an intentional tone before the distractions begin.

Personalize It:

Adapt any practice to fit your real life. There is no "right" way to use this.

Reflect Weekly:

Each Sunday, observe areas you've focused on and those needing more attention.

Don't Do it Alone:

If certain items consistently feel impossible, that's a signal — not a failure. Reach out.

THE PERMISSION SLIP CHECKLIST

14 daily practices to stop losing yourself in the life you built

☐

Establish a morning routine that belongs to you.

Even 10 minutes before the day belongs to everyone else counts.

☐

Journal your emotions each morning.

Not to perform wellness — to actually know how you feel

☐

Make time for mindfulness each day.

Center yourself before you pour into everyone else.

☐

Process your uncomfortable emotions with care.

Feel them. Don't bury them under the next task.

☐

Set aside one hour each week for quiet reflection.

No agenda. Just you, checking in with yourself.

☐

Evaluate your relationships and nurture what matters.

Not every relationship deserves your best energy.

☐

Assess your needs and prioritize your self-care.

Your needs are not optional. They are not selfish.

THE PERMISSION SLIP CHECKLIST

14 daily practices to stop losing yourself in the life you built

☐

Clarify your expectations for yourself and others.

Unspoken expectations are resentments waiting to happen.

☐

Regularly review your homeschool vision.

Stay aligned with why you started — not what everyone else is doing

☐

Create a plan for handling non-supporters with grace.

You don't owe anyone a defense of your choices.

☐

Set clear boundaries with your kids.

Limits are love. They need to know where you end and they begin.

☐

Give your kids undivided attention.

Presence beats perfect curriculum. Every time.

☐

Speak to yourself with kindness.

You are your own longest relationship. Treat yourself accordingly.

☐

Reach out when you need support.

Asking for help is not weakness. It is the whole point.

Bonus Page

Six Questions to Go Deeper

1. Where am I disappearing most right now — and why?
2. What need of mine has gone unmet the longest?
3. What would I do differently if I stopped caring what others thought?
4. Where am I saying yes when I mean no?
5. Who in my life sees the real me — and who gets the performance?
6. What would it look like to come home to myself this week?

Start small and be consistent. Focus on one practice at a time and build from there. Consistency is how permanent change actually happens — not perfection.

Bonus Page

Your Daily Affirmations

Read these out loud. Or write one in your journal each morning. Say them even when — especially when — they don't feel true yet.

1. I honour my emotions and take time each morning to journal and reflect.
2. I make mindfulness a priority every day to stay present and grounded.
3. I am capable of processing my uncomfortable emotions with grace.
4. I create space for quiet reflection each week to recharge and center myself.
5. I assess my relationships with honesty, recognizing where I can nurture them.
6. I acknowledge and prioritize my own needs, knowing they are important.
7. I set realistic expectations for myself and others, allowing room for growth.
8. I revisit my homeschool vision regularly, aligning it with my values and goals.
9. I establish clear boundaries with my kids, fostering respect and connection.
10. I speak to myself with the same kindness I give to the people I love.

NEED MORE INSIGHT & SUPPORT?

What's Really Driving Your Homeschool Overwhelm?

Take the 5-minute assessment to uncover the hidden roots of your stress and discover what part of your household life needs most care right now.

If you already know this is bigger than a checklist — you don't have to wait for the assessment to tell you what you already feel.

