



Wellness Journal

JOYOUS JUNE . 2022

THEME: "PRIDE"

| | ME TIME MONDAY | TASTY TUESDAY | WHINEDOWN WEDNESDAY | TAKECHARGE THURSDAY | FUN DAY FRIDAY | SASSY SATURDAY | SUN DOWN SUNDAY |
|--------------------------|---|---|---|---|--|---|--|
| NUTRITION CHALLENGE | Fruit it up and hydrate through out the day | Add banana milk cereal eggs or oats chia seeds to breakfast | Dedicate one day of the week to prepare and eat vegan meal | No dessert thursday | Enjoy that homemade meal. invite a friend to share | Wake up early make some porridge with bananas | Green juice detoxing Sunday. keep away from sugar |
| ACTIVITY CHALLENGE | Start on a new book and give it one week. you got this. | Learn a new skill, it could be beading or weaving | Plan a team lunch with a purpose to celebrate small and big wins. | Do a joy of giving back challenge | Meet up a friend for a coffee and a walk (indoor or outdoor) | Declutter your house, one item at a time | Take a mindful walk just to gather your thoughts |
| PRIDE MONTH QUOTES | Be the you you've always been. proudly | Love yourself trully and selfishly | It takes courage to grow and be who you really are | We deserve to experience love fully, equally, without shame 'elliot page' | We are all born naked, the rest is drag rupaul | "the important thing is not the object of love, but the emotion itself, 'gore vidal | There is nothing wrong with you, there is a lot wrong with the world you live in |
| HYDRATE | 5 glasses | 5glasses | 5glasses | 6 glasses | 6 glasses | 7 glasses | 7 glasses |

