



Wellness Journal

INDEPENDENT OCTOBER.2022

THEME: "INDEPEDENT OCTOBER"

WEEKLY
PLANNER

SELF MOTIVATION
MONDAY

TASTY
TUESDAY

WHINE DOWN
WEDNESDAY

THIRSTY
THURSDAY

FUN DAY
FRIDAY

SASSY
SATURDAY

SUN DOWN
SUNDAY

NUTRITION
CHALLENGE

Make yourself a heavy
breakfast every morning

Do not forget to add
salad on your meals

Share your lunch with a
friend or workmate

Enjoy that homemade
meal, add vegetables

Dessert Fridays.

Dine at a locally sourced
eat out.

Detoxing Sunday

ACTIVITY CHALLENGE
COMING FROM
CODEPENDENCY TO
BEING MORE
INDEPENDENT

Learn to set boundaries,
speak up, listen to
yourself physically and
emotionally

Learn to communicate
effectively . Let your needs
be known so as you can
enforce clear boundaries

Improve on your
mobility, learn to
exercise so you get
stronger and flexible

Find strength. physical
or, emotional so as you
able to face anything
with confidence

Learn to Balance and
practice endurance.
Everyone gets bad days

Keep your mind healthy.
Get plenty of sleep
,engage in adult mind
games like trivia

Get time Alone, read a
book or meditate

EXERCISE
CHALLENGE

30butt kicks,15 jumps,
15 squats

Ride your bike or go
jogging, you can invite a
friend

Do some Rope skipping,
stretch to strengthen
your leg muscles

Do a dance workout,
kickboxing or weight
lifting

Do some aerobics. Go
for a walk or go
swimming

Go for zumba and
Relax into yoga

Take a nap

QUOTES ON SELF
INDEPENDENCE

Expect more from
yourself other than from
others

If you don't like being a
doormat get off the
floors

Life is tough but so are
you

Alone by yourself, you
can build the kingdom
you want

Be proud of yourself for
how far you have come

Frame challenges as
opportunities, don't be
envious be proactive

Don't be afraid to speak
out keep fighting for your
dreams

HYDRATE

5 glasses

5 glasses

5 glasses

6 glasses

6 glasses

7 glasses

7 glasses

