



Wellness Journal

REFLECTIVE NOVEMBER.2022

THEME: “REFLECTIVE NOVEMBER”

WEEKLY PLANNER	SELF-CARE SUNDAY	FUNDAY MONDAY	THINK-POSTIVE TUESDAY	WINEDOWN WEDNESDAY	THIRSTY THURSDAY	VIBES FRIDAY	SASSY SATURDAY
NUTRITION CHALLENGE	Make a sweet delicious meal,	Add some fruits to your breakfast	Add vegetables to your meal	Wake up to a glass of water and end your day with at least 5 glasses of water	No meat Thursdays, just healthy snacking	Take yourself out for a healthy meal, kigere and cassava is a good idea	Salad sato. add that cacumbari on that avocado and yum away
REFLECTIVE CHALLENGE	Create a happy list. Write out a list of activities or places that lift your mood.	Write a list of things you want to accomplish and don't worry about whether or not they will actually happen.	What do you do when you are feeling lost? Identify those feelings and deal with them	Find ways to deal with anxiety, practice self-awareness and work on your confidence	What is worrying you right now? And what are you doing about it.	Be your own best friend. Write an encouraging letter to yourself.	Write out a playlist of songs that remind you of lost memories, give yourself time to listen to it.
PHYSICAL EXERCISE	Take enough rest	Body stretch all day and do some breathing exercises	Skip rope and do some air boxing.	15 squats, 30 sit-ups all day	Go for a swim ,or sauna and after get that massage	30 butt kick, 10 press-ups and play some ball	Take enough rest
QUOTES OF THE DAY	Not all will get you, its Ok Value your worth. Attract More folks that way. own you	Believe you can, and you're halfway there.”	Just one small positive thought in the morning can change your whole day.”	Hydrate and mind your business, don't be a meddler	It's about time we take some risks and do the unexpected. BALUMYE	A winner is a dreamer who never gives up NELSON MANDELA	Allow yourself to recognize and feel everything within yourself
HYDRATE	3 glasses	5 glasses	5 glasses	6 glasses	6 glasses	7 glasses	3 glasses

