

Wellness Journal

THEME: "LOVE"



FEBRUARY.2023

WEEKLY
PLANNER

SOFTCHILL
SUNDAY

MAGICAL
MONDAY

TREASURE
TUESDAY

WET
WEDNESDAY

THIRSTY
THURSDAY

FRIO
FRIDAY

SASSY
SATURDAY

WELLNESS
CHALLENGE

Make yourself a big lunch, then stay in sleeping or go for a chill evening alone or invite a friend

Self-Affirmation
Monday
I deserve a happy life.

Buy yourself a notebook and write down your thoughts

Meditation
Wednesday,
reflect on the day ,
write down self-affirmation
messages and pin them on the wall

Write a gratitude letter to yourself and after send one to a close friend

Kindness is a beautiful gift ,
surprise a friend with something nice

Catch a romantic comedy then go dancing after

NUTRITION
CHALLENGE

Detox Sundays, juice or green vegetables

Wake up and make some katogo with salads, fill-up with a glass of freshly squeezed natural juices.

Increase water intake by 7 glasses a day

Go spice shopping, get some black pepper ,cinnamon, cumin,etc ,improve your cooking skills

Make a salad platter ,avocado, cucumber lettuce, spinach, tomatoes add vinegar to taste

Reduce on red meat intake

Go out for some sweet chocolate ice cream you have earned it

PHYSICAL
EXERCISE

Take enough rest

45 mins of lingala dancing sweat, release all the fluids in your body protein up after

Do Imaginary rope Skipping and some air punches.

90squats , 90situps
run 6laps around the house

Do a zumba dance routine for 45mins taking breaks and finish with yoga

Go to gym. Work on cardio build those muscles you need the strength

Take enough rest

QUOTE OF
THE DAY

"You are your best thing."
- Toni Morrison

love you ,then others

Light up the fire inside you,

No matter how bad the day is ,don't forget to drink water

I was built this way for a reason.

"Self-esteem means knowing you are the dream." - Oprah

"Don't give up you have power".

