

Wellness Journal

MARCH, 2023

THEME: WOMXN

SUN DOWN
SUNDAY

MOTIVATIONAL
MONDAY

TOUCH DOWN
TUESDAY

WHINE DOWN
WEDNESDAY

THANKFUL
THURSDAY

FUN
FRIDAY

SASSY
SATURDAY



Educate yourself about
Bisexuality and Bi
discrimination.

Limit full fat diary, try
soy milk or coconut
milk.

Make a play list for
your favorite songs

Dance to your
favorite song.

Do some digital
detoxing

Have a vegan meal
and don't forget to
take that mindful
walk.

Donate to a Women's
Non-profit
organization

Celebrate yourself or
any female role
models

Practice reading;
Explore the history of
women's rights

Attend a Bisexual
event. It could be a
party, training.

Organize a get together
with your girlfriend,
where you share
experiences and learn
from each other.

Surprise your lady
with a gift

Full body stretch for
45 minutes.

No meat Tuesdays,
consider salad and
juicing.

Research about your
favorite Bi Artist or
figure

Make a juice cocktail;
water melon, beetroot,
mangoes and lemon.

Wear something
white, green or purple
to show solidarity for
women's rights.

Play sexy "truth or
dare" with your
partner, friend, crush.

Free

30 minutes of rope
skipping and deep
breathing exercises.

Recognize and
challenge biphobia by
speaking against it on
your media

Eat different types of
proteins; lean meats,
poultry, seeds and soy
products.

Attend an online
event about women's
rights.

Go for a Zumba class
with a work colleague

Play quiz on female
creativity.

Make your day green
by detoxing.

Hydrate all day
8 glasses of water.

Don't forget to do
gym after a long day

Whine down your day
with a glass of Red
wine.

Host a bisexual
thanks giving party

Look at yourself in
the mirror and affirm
how beautiful you
look.

Write a message of
love to your
transgender friends



MOTIVATIONAL QUOTE: Wake up each day and tell the world to bring it on."-unknown