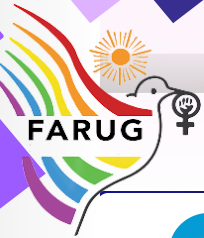


Wellness Journal



THEME: Pride

JUNE . 2023

SUN DOWN SUNDAY	MOTIVATIONAL MONDAY	TOUCH DOWN TUESDAY	WHINE DOWN WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY	SASSY SATURDAY
				Discover new queer YouTube videos and share with someone.	Listen to a queer podcast on pride; Ba Queer Twogere	Attend a pride event or parade
Invite a friend over for a queer movie night.	Write a do to list of your pride activities and revisit them one by one	Make a rainbow salad	Do a joy of giving back challenge.	No dessert Thursday day; replace with green juice.	Read Books that capture LGBTIQ+ heroes	Get crafty with rainbow art decorations
Wear a rainbow outfit and get out for some fresh air.	Update your social media platform to commemorate pride month	Hydrate all month.	Plan a cute date with your loved ones.	Volunteer at or donate to an LGBTIQ+ Organization	Make a pride play list and listen to it all day.	Play a trivia game to learn about LGBTIQ+ pride.
Host a pride book reading club.	Do a dance out to your favorite queer anthems.	Research about interesting facts about the pride movement	Plan a team lunch with a purpose to celebrate small and big wins	Send your friends a care package; candles, chocolate,	Host a virtual hangout pride party.	Do a wine and beer testing fun time at home with friends.
FREE	Meditate with yoga	Write down things that your grateful for this month	Indulge yourself in childhood games.; kwempena, Ssonko	Dedicate the day to prepare and eat a vegan meal		

