



# Wellness Journal

THEME: "JOURNALING"  
JULY, 2023

SUN DOWN SUNDAY

MOTIVATIONAL MONDAY

TOUCH DOWN TUESDAY

WHINE DOWN WEDNESDAY

THANKFUL THURSDAY

FUN FRIDAY

SASSY SATURDAY

Skip some rope or do rounds of air boxing

Set an intention; List at least two things that make you feel grounded

Practice self-awareness, list three positive qualities that you value in yourself.

Digital detox and Delete toxic contacts

Practice gratitude to connect the mind to the present.

Discover your safe space.

Detox by juicing, or have a vegan Saturday

Talk about your day with a friend.

List and describe your emotions

Replace stress eating with hydrating.

Celebrate FARUG'S birthday with messages of gratitude

Describe in detail about what you love most about yourself.

Remind yourself and friends to use the right pronouns and names for YOUR non-binary friends

Set some time for a spa or massage

Free

Take a nap after Sunday chores.

Choose foods with healthy fats, i.e. fish, limit food with high fats. eat more vegetables

Step outside today or take a min to just be by yourself.

Whine the day with a yoga session.

Write an encouraging letter to your younger self.

Go for Zumba or do a dance workout

Dine at a locally sourced eat out.

Take a mindful walk just to gather your thoughts

Self-affirming Monday; I am getting better and better every day.

Read; A self-help book

Identify and write a list of your coping mechanisms.

Do some stretches' for the neck, thorax, hands, legs and wrist

Set some time for a spa or massage

Go dancing in your favorite hangout spot.

Dress up good for no reason and just hang out in your house.

Make time for joy; Do something fun..

MOTIVATIONAL QUOTE: " Give yourself permission to feel all the emotions."-Laurel Rockefeller

