

WELLNESS JOURNAL

Theme :AMBITIOUS

08
2023

SUN DOWN SUNDAY	MOTIVATIONAL MONDAY	TOUCH DOWN TUESDAY	WHINE DOWN WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY	SASSY SATURDAY
		SHARE YOUR LUNCH WITH A WORKMATE	PARTICIPATE IN A NATIONAL WELLNESS CAMPAIGN. BY HASH TAGGING.	CONNECT TO YOUR LOVED ONES THROUGH A LETTER OR PHONE CALL.	UNPLUG BY MEDITATING	WRITE ABOUT HOW DIFFERENT YOU ARE FIVE YEARS AGO
MAKE A COURTESY WELLNESS PHONE CALL.	DO SOCCER KICKS ,AND JUMP ROPE.	ADD MORE FRUITS AND VEGETABLES ON YOUR DIET.	GIVE YOURSELF PERMISSION TO DISCONNECT AND SET BOUNDARIES.	FULL BODY STRETCH	JOIN A YOGA, WALKING OR AEROBICS CLASS.	GO DANCING WITH FRIENDS.
FREE	INCREASE YOUR WATER INTAKE.	DRESS IN A COLORFUL AND SEXY OUTFIT TO LIFT YOUR SPIRIT	RATE YOUR MENTAL HEALTH STATE FROM THE SCALE OF 1 TO 10	EXPLORE GRATITUDE AND POSITIVITY; CELEBRATE SMALL WINS.	ENJOY THAT HOMEMADE MEAL ,ADD VEGETABLES	SATURDAYS ARE FOR DETOXING ,MAKE JUICE OR HAVE A VEGAN MEAL.
JOG IN PLACE(20MINS),30 BUTT KICKS ,10 SIT-UPS AND 15 PUSHUPS.	MAKE YOURSELF A LIGHT BREAKFAST BEFORE WORK.	SPEAK ABOUT WELLNESS ON YOUR SOCIAL MEDIA OR DIRECTLY TO YOUR FRIENDS.	TAKE TIME OFF TO DO SOME DRAWING AND DOODLING.	GIFT A SMALL TOKEN OF APPRECIATION TO YOUR FRIEND; STRESS BALL, BOX OF CHOCOLATE, ETC.	GIVE AN EXAMPLE OF THE TIME YOU STRIVED TO PROOF YOURSELF TO OTHERS ,HOW DID IT AFFECT YOU	JOIN A SUPPORT VIRTUAL CIRCLE.
MONITOR YOUR SLEEP. (8 HOUR SLEEP CHALLENGE	DO AN ACT OF KINDNESS.	TAKE YOURSELF OUT FOR COFFEE/TEA	WHINE DOWN THE DAY WITH AN INDOOR GAME WITH A FRIEND.	DECLUTTER YOUR WORKSTATION/DESK; CREATE SPACE FOR NEW BEGINNINGS.		

MOTIVATIONAL QUOTE: "Change is painful but worth it." Mandy Hale

