

Theme: Self care

Wellness Journal



2023

SUN DOWN SUNDAY	MOTIVATIONAL MONDAY	TOUCH DOWN TUESDAY	WHINE DOWN WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY	SASSY SATURDAY
					Treat yourself with a spa and massage.	FREE
Find time for 'me time' , it's essential not selfish	Set your goals and priorities for the month.	Increase on your water intake.	Whip up a mock tail with health boosting ingredients.	Avoid mindless snacking. Replace with juicing.	Try chilling out with soft soothing music.	Get active outside and give your mind and body a natural boost.
Make time to slow down, take a nap and refuel, no plans	Go to bed as early as your usual bed time	Identify signs of stress so that you are able to work on it.	Write down a 'don't' do list to hold you accountable.	Practice self-positive talk.	Take a relaxing bathe.	Host a queer movie night.
Enjoy photos from a time with happy memories of, when you were a child	Do some cardio, air boxing, get that heart pumping	Take a minute of childlike activity; Skip rope, high jumps, hop and get silly.	Whine down with an audio book by an author you know.	Focus on listening instead of talking.	Take a vacation day out of the city.	Check on a friend, make healthy conversations
Prioritize sleep; your mood and immune system are counting on it.	Practice good hygiene; replace that old tooth brush	Practice empathy so that your kinder	Look at yourself in the mirror and admire how sexy you look.	Share a spotlight; Allow someone else to be in charge.	Prepare yourself a nourishing meal.	Listen to the Ba Queer Twogere Podcast.

MOTIVATIONAL QUOTE: 'Let go of other people's expectations of you and just hydrate.' -Amor

