

# Wellness Journal

## DARE TO DO JANUARY

THEME:  
IF YOU CAN DO IT, YOU CAN BE IT.

WELLNESS JOURNAL PLANNER	SELF MOTIVATION MONDAY	TASTY TUESDAY	WHINE DOWN WENO	THANKFUL THURSDAY	FUN DAY FRIO	SASSY SATO	SUN DOWN SUNDAY
<b>NUTRITION CHALLENGE</b>	Prepare breakfast before leaving and include a fruit for added vitamins.	No more junk on Tuesdays. Choose healthier snacks.	Share your lunch with a friend or workmate	Make a tasty vegetarian dish with spinach, fish, and Groundnuts. Yum!	Enjoy some dessert ,you have earned it	Eat lots of salads today, like cucumber, onions, and tomatoes.	Sundays are for Detoxing ,make juices
Free	Try a new recipe, get creative in the kitchen	Start a breakfast group, invite friends to join.	Go out for some local delicacy. try KIGERE and cassava	Stay away from sugar, switch to natural sweeteners	Cheat Day	Avoid adding raw salt to your food,	Have some dessert
<b>ACTIVITY CHALLENGE JOURNALING FOR SELF AWARENESS</b>	Choose to shift from a mindset of failure to a belief in one's potential as a winner for the new year.	Get more sleep, drink chamomile tea, listen to rain sounds. Aim for 6-8 hours.	Simplify your social circle. Keep those who bring value.	What moment in life are you grateful for and why? Remember gratitude is a must	Get in touch with someone you haven't spoken to in a while.	Clean a space in your home. ORGANIZE.	Start achieving your wellness goal today by having a tech-free evening.
Free	Browse available Learning & Development workshops/sessions	Read an article on a subject that is new to you, discover your career goals	Take a walk, smell the earth just to take your mind off things.	Learn, read, or do something that's outside of your comfort zone	Practice kindness, through and through	Go a full day without making any complaints	Re-watch a favorite movie
<b>EXERCISE CHALLENGE</b>	Meditation with yoga ,invite a partner	Jog in place(5mins),30 butt kicks ,10 sit-ups and 15 pushups	Rest	40 kicks ,fast feet runs. Relax into yoga	Rest	"Do Soccer kicks ,and jump rope	Do a dance workout, zumba Relax into yoga
<b>WELLNESS QUOTES</b>	"Resting is productive, recharge."	Change is painful but worth it. <b>UNKNOWN</b>	Let someone love you for who you are	Boundaries are healthy . TRY THEM	Good energy attracts good people	Dare to be different, stand out, shine and dare to be the one with the voice. <b>UNKNOWN</b>	You matter,you are loved ,everything will work out
<b>HYDRATE</b>	7Glasses	6Glasses	5Glasses	6Glasses	7Glasses	6Glasses	5Glasses