

Wellness Journal

FEEL GOOD FEBRUARY

Theme: Love

WELLNESS JOURNAL PLANNER	MELLOW MONDAY	TOUCHDOWN TUESDAY	WELLNESS WEDNESDAY	THANKFUL THURSDAY	FANTASTIC FRIDAY	SENSUAL SATURDAY	SLOWDOWN SUNDAY
NUTRITION CHALLENGE	Wake Up Early And Make Yourself Breakfast.	Add Salad And Vegetables To Your Menu.	Balance your buffet plate, reduce on The Meat	Try Out A New Juice Recipe, Add Strawberries	Eat At Your Local Kafunda, Avoid Junk Food	Explore Your Taste Buds. Cheat day	Detox With Juices Or Vegetables
WELLNESS CHALLENGE 1	Make a list of how you want your feel good February to go	Plan a romantic Getaway, you deserve it	Explore ways you can show love to yourself and others	Take a moment to acknowledge how loved you are.	Extend love to your friends, organize a dine out or stay in to chat	Take a photo or share a self with your love	Spend the day with your love discover what her love language is.
WELLNESS CHALLENGE 2	Explore written literature on queer love stories	Meditate into yoga; acknowledge your feelings, its ok, if you get sad. you are not alone	Offer a bouquet of red roses or chocolates to your beloved	Write a love letter to your love or someone you care about. Let your love go analogue	Rest and learn how to control your emotions	Go dancing, stay in, but do something fun	Get in touch with your spirituality .you love is so divine
EXERCISE CHALLENGE	spare 30mins cardio, 15 sit ups and 15mins squats, jog in space 10mins	Rest	Ask a partner or friend to join you at a spa, or gym	Spend 45 minutes playing, skip rope or play dodge ball	Practice breathing exercises.	Burn calories on the dancefloor Or go for zumba classes	Go for a swim, or a yoga class, or a 30 mins walk
WELLNESS QUOTES	The realist and purest love of all starts with you	We deserve to experience love fully, equally, without shame and without compromise. "unknown	Love recognizes no barriers." —maya angelou	you've gotta dance like there's nobody watching, love like you'll never be hurt, sing like there's nobody listening, and live like it's heaven on earth. "unknown	Live, love laugh, and Blossom in your uniqueness	You know true love When you Love unconditionally	"In your arms, i find my home and my heart finally finds peace. Unknown
HYDRATE	7Glasses	6Glasses	5Glasses	6Glasses	7Glasses	6Glasses	5Glasses

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