

PRIDE JUNE.

THEME; REFLECT. EMPOWER. UNITE

#BEPROUDBEYOU

Wellness Journal

| MINDFUL MONDAY | TOUCHDOWN TUESDAY | WELLNESS WENESDAY | THANKFUL THURSDAY | FREAKY FRIDAY | SASSY SATURDAY | SELF-CARE SUNDAY |
|---|--|--|--|---|--|--|
|  | | |  | | 1 Mindfulness Walk Take a walk without any distractions focus on breathing and being present in the moment. | 2 Hydration Challenge: Drink at least 8 glasses of water every day to stay hydrated and energized  |
| 3. Start your day with a 10-minute morning meditation session to set positive intentions | 4. Create a vision board with images and words that represent your aspirations and dreams  | 5. Take 45 minutes to work on your breathing technique. | 6. Daily Gratitude Journaling Write down three things you're grateful for  | 7. Create a Pride Playlist to listen to for the whole month. | 8. Take a 30-minute walk outside to connect with nature and clear your mind  | 9. Perform one random act of kindness each day |
| 10. Take a break from social media for the day and focus on real-life connections. DETOX  | 11. Attend a virtual Pride event or webinar to connect with others and celebrate LGBTQ+ culture and activism | 12. Look in the mirror and say three positive affirmations about your body and appearance.  | 13. Write a letter expressing gratitude to someone who has inspired you | 14. Check in on your friends. JUST A TEXT WILL DO or send flowers  | 15. Self-Care Spa Night: Treat yourself to a relaxing bath, facial mask, and pampering session at home.  | 16. Prepare a nutritious meal using fresh, colorful ingredients that celebrate the rainbow. |
| 17 Dedicate time to learning about LGBTQ+ history, and prominent figures who have made a difference. | 18. Expand Your Diversity Training, how are you on pronouns  | 19. Practice yoga for 30 minutes to improve flexibility, balance, and mental clarity. | 20. Laughter Therapy: Watch a comedy or a funny queer movie  | 21. Throw Your Own Pride Party. Have fun. #BESAFE | 22. Work on your strength, skip rope, or do 40 sit-ups all day  | 23. Practice Mindful Eating pay attention to how the food makes you feel. |
| 24. Practice a guided meditation focused on self-compassion and acceptance of your whole self.  | 25. Be Mindful of People Who Aren't "Out" or Don't Want the Spotlight. | 26. Get creative and make your own Pride-themed crafts or decorations for fun.  | 27. Donate to a Meaningful Cause. | 28. Go shopping Support queer Businesses  | 29. Spend time outdoors appreciating the beauty of the world and reflect on your purpose. | 30. Reflect on the month and write down one thing you are proud of accomplishing or experiencing.  |