
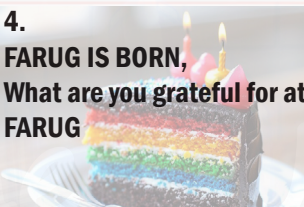


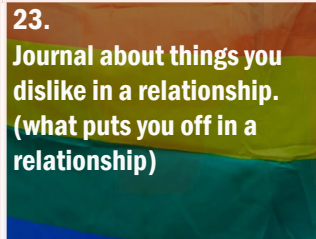


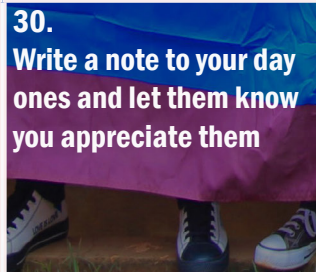



THEME: JOYOUS
#FARUG BIRTH MONTH

WELLNESS JOURNAL

MELLOW MONDAY	TOUCHDOWN TUESDAY	WELLNESS WEDNESDAY	THANKFUL THURSDAY	FREAKY FRIDAY	SASSY SATURDAY	SUN DOWN SUNDAY
<p>1. Celebrate the new month by starting with FARUG BIRTHDAYWEEK. What are your plans</p> 	<p>2. Reminisce on the first time you came to FARUG, how did you feel?</p>	<p>3. What has been your fondest wellness activity at FARUG</p>	<p>4. FARUG IS BORN, What are you grateful for at FARUG</p> 	<p>5. What has been your favourite social Friday so far?</p>	<p>6. Invite friends for a hang-out or hang-in to celebrate FARUG milestones</p>	<p>7. Tune in to Ba Queer Twogere and listen to your favourite episodes</p> 
<p>8. Plan to have wellness Mondays to meet up with friends and catch up.</p>	<p>9. What qualities do you bring to the table in a relationship, are you a romantic or old-school lover?</p>	<p>10. Write down 5 things you think are said about you, and how does this make you feel?</p>	<p>11. Meditate with Yoga. Check in with your body. Be grateful for it</p>	<p>12. Break out of your fixed routine and vow to meet new peWople</p>	<p>13. Declutter your physical and mental space. WETELEZE.</p>	<p>14. Send messages of love and hope to our Non-binary community</p>
<p>15. Write down 10 things that make you fulfilled and 10 things that make you sad.</p>	<p>16. Discover what your strengths and challenges are when it comes to maintaining your relationships</p>	<p>17. Take 10 minutes to think about Who are you around people?</p>	<p>18. What are you thankful for?</p>	<p>19. What things do you like about being in a relationship or relationships?</p>	<p>20. Build up the confidence to talk about things that aren't working out in your relationship</p>	<p>21. You deserve to be loved just the way you love yourself</p>
<p>22. How are you at resolving conflicts?</p> 	<p>23. Journal about things you dislike in a relationship. (what puts you off in a relationship)</p>	<p>24. Write down 10 things you like about interacting with people</p> 	<p>25. Have a silent meeting with yourself, about what is working well or not</p> 	<p>26. Work on your communication skills, if people know what you want, it is a compromising win</p> 	<p>27. What is your favourite bonding thing to do with your friends?</p> 	<p>28. Prepare an amazing meal, you could invite some friends and bond over sweet conversations</p> 
<p>29. Always remember to pause. life can be overwhelming</p> 	<p>30. Write a note to your day ones and let them know you appreciate them</p> 	<p>31. Reflect on what you have achieved this month</p> 		<div style="text-align: right;">  <p>Connect with us</p>  </div>		