
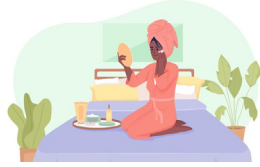


# WELLNESS JOURNAL

## THEME; TOPOWA

AUGUST TERIKUZIKIZA

Mindful Monday	Touchdown Tuesday	Wellness Wednesday	Thankful Thursday	Feel-good Friday	Sassy Saturday	Self-care Sunday
			1 As we enter this new month, let's be grateful for the blessings of the past and look forward to renewed hope and abundant joy. #Amen	2 Do simple acts that help bring a smile to your face or reflect on what's good.	3 Spend time outside. This will help you relax and unwind. Some breath of fresh air will restore both body and mind.	4 Drink at least 8 glasses of water every day to stay hydrated and energized.
5 Practice mindfulness; wake up to the inner workings of your mental, emotional, and physical process.	6 Dust off that vision board and evaluate the progress you've made so far.	7 Take 45 minutes to work on your breathing technique.	8 Select an area in your home and set up a gratitude wall. Get Sticky Notes and Markers, Write and Post Notes of appreciation and Watch the Wall Fill Up.	9 Learn something new today, it could be a word, a game, hair style or even a new language.	10 Take a 30-minute walk outside to connect with nature and clear your mind.	11 For a good night's sleep, make sure your bedroom is quiet, dark, and comfortable. Turn off electronic devices and avoid big meals, alcohol, and caffeine before bed.
12 Check up on your financial wellness, how much have you earned, saved, or invested. #kilikitya	13 Get Feedback from trusted friends. Work on accepting positive criticism.	14 Replace negative self-talk with self-love statements.	15 Learn to be more empathetic today. Find gratitude in kindness.	16 Today, remind yourself that it's not about being the best. It's about being better than you were yesterday.	17 Take 15 minutes to tidy up and organize your workspace or any part of your home.	18 Prepare nutritious meals all month, balance your diet, add fruits and vegetables. Make life yummy and health.
19 Unfollow people who don't add value to your life. Mind your peace and tranquility.	20 Read life-changing Literature because Successful women think differently.	21 Practice collective wellness care. Do a group video call. connect with your RentAbuddy community.	22 Dedicate a few minutes of your morning to jot down three things you're grateful for in a journal.	23 Commit to home workouts too, take a few minutes every day, and give your body some energy. It needs it.	24 Check-in with yourself How are you feeling, what do you need right now, what can you do to make yourself feel good and do you have more worry and anxiety than usual?	25 Treat Yourself to an at-home Spa Day. You deserve it!
26 Disconnect from the internet, focus on you, take a selfie, or listen to music and connect with who you are.	27 Take a moment to reflect on the goals you set at the beginning of the year. What has worked?	28 Learn forgiveness. Without forgiveness, life is an endless cycle of resentment and retaliation.	29 Avoid the desire to control everything in your life including your emotions. BE HUMXN	30 Go out for some fun and invite friends. Time off is allowed.	31 It's mid-year, catch up celebrate your wins, and plan for the future.	