



SELF-CARE SEPTEMBER Wellness Journal

2024

SLOWDOWN SUNDAY	MINDFUL MONDAY	TOUCHDOWN TUESDAY	WELLNESS WEDNESDAY	THANKFUL THURSDAY	FEEL-G FRIDAYS	SASSY SATURDAY
01 It takes more intentional energy to slow down than to continue in the busy. REST	02 You've survived 99 percent of your worst days. YOU'RE DOING GREAT	03 The way you speak to yourself significantly influences your self-perception.	04 Do not get thirsty. Keep your body hydrated	05 Gratitude is a MUST.	06 Learn to Schedule Breaks. YOU ARE NOT A MACHINE	07 choose one space to declutter, this is considered resting to some
08 Try eating a variety of nutritious foods, this month. Add fruit vegetables, nuts, and seeds to meals	09 Practice meditation daily. Brilliant things happen in calm minds	10 Self-care is how you take your power back." - Lalah Delia.	11 Put aside a few minutes to give your skin the little extra love it needs	12 Start your day by envisioning your best possible self	13 Take care of your body. It's the only place you have to live. unknown	14 Schedule a healthcare appointment that you have been putting off.
15 Make an effort to go to bed early try the 8hour sleep challenge	16 The Bisexual Awareness Week. #NOT A PHASE	17 Bisexuality is not being half-queer or half-straight; it's completely who you are.	18 love is limitless and boundless.	19 Coming out is a journey, be proud of your sexuality. Its a beautiful part of who you are.	20 Live a life full of fun, make time for hobbies	21 Practice not being perfect.be gentle to yourself when things go wrong.
22 Embrace your true self with pride. Live in your truth. Take one step at a time	23 Bisexuality Visibility Day: Proudly Standing Together	24 Me time is not selfish; it's necessary.	25 Find healing in music	26 Find Time for Peace and Calm Every Day	27 Reflect on your self-care goals, what do you need to add or drop?	28 Step out of your comfort zone. Dare To Do
29 Embrace your failures and view them as learning opportunities	30 Tune in to your favorite podcast, Baqueer Twogere.					



Self Care



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