



2024

INDEPENDENT WELLNESS JOURNAL OCTOBER

MOTIVATION MONDAY

TOUCHDOWN TUESDAY

WELLNESS WEDNESDAY

THANKFUL THURSDAY

FEEL-G FRIDAY

SASSY SATURDAY

SLOWDOWN SUNDAY

01

LGBTI+ History month.

#resilience #pride



02

As you meditate on how beautiful the day is, remember you have the power to be anything you want.

03

Extend gratitude to your roots, experiences, your past and history.

04

There is nothing wrong with you, there is a lot wrong with the world you live in. unknown #celebrateyou

05

Watch a queer historical film, invite a friend, or cuddle up alone.



06

Mental Illness Awareness Week. #Mymental Health at work



07

Take mini breaks during work. drink some water and stretch. Find time to recharge.

08

Happy International Lesbian Day



09

Happy Independence Day.

10

World Mental Health Day. #Prioritise mental health in the workplace



11

Learn effective communication at work.

National Coming out day



12

Take care of your body. It's the only place you have to live. unknown

13

Team up with your workmates for a wellness treat

14

Learn to manage your Time



15

Work on developing a life skill

16

Set boundaries, it is okay to say no

17

Embrace mistakes and learn from failures.

18

Learn to spend time alone. Reflect on who you want to be

19

Believe in yourself. You can do it

self-compassion

20

REST



21

Learn to strike a balance between being independent and co-dependent

22

Focus on the goals you set. Make realistic plans

23

Find out what happiness looks like for you. Do not spend time making others happy.

24

Asexual Awareness Week (ACE WEEK).

International pronoun day shelher



25

If sex without love exists, then love without sex exists too.

#ACEWEEK



26

Intersex Awareness Day



#let's talk about the rights of intersex people.

27

REST



28

Asexuality is not a dysfunction, neither is it the lack of a sex drive



29

Take 30 minutes to reflect on how this month is working out, are you struggling with achieving control of your life?

30

Evaluate the people in your life, Demote, terminate, you are the CEO of your life. unknown

31

Be grateful for what you have, don't concentrate more on what you do not have.

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