

WOMXN MARCH

THEME: BE EMPOWERED AND IGNITE YOUR PASSION

MINDFUL
MONDAY



- 3 Practice mindfulness and meditation. focus on inner peace and strength
- 10 Read a book or watch a documentary or a film about womxn in history
- 17 Take a few minutes to exercise every day, you need full strength, mentally and physically
- 24 Plan a meeting with yourself, sometimes the best person to listen to is yourself
- 31 International Transgender Day of Visibility

TOUCH DOWN
TUESDAY



- 4 March is Bi- health awareness month. #Celebrate the whole of your identity without shame
- 11 Attend an event that highlights womxn's work and connect with those who elevate your potential.
- 18 How have you showed up for yourself and your sisters during this womxn month
- 25 Learn a new skill or pursue a hobby that interests you. Don't be afraid to take risks.

WELLNESS
WEDNESDAY



- 5 Make a list of risky behaviors you want to eliminate and work towards ticking off one at a time.
- 12 Practice self-affirmations. "Caring for self is not self-indulgence, it is self-preservation
- 19 Write a letter to your younger self, tell her about how proud you are of her resilience
- 26 Try preparing meals, reduce eating JUNK, prioritize healthy eating

THANKFUL
THURSDAY



- 6 Women are the real architects of society. "Harriet Beecher Stowe #beproud
- 13 The future belongs to those who believe in the beauty of their dreams." Eleanor
- 20 The most common way people give up their power is by thinking they don't have any. " Alice Walker
- 27 Nobody's free until everybody's free." Fannie Lou Hamer

FEEL-G
FRIDAY



- 7 Practice deep breathing exercises to reduce that stress and anxiety " Just breathe."
- 14 Post a photo of someone that has empowered you to be your best self
- 21 Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women." Maya Angelou
- 28 Reflect on the women who have inspired you. What qualities do you admire?

SELF-CARE
SATURDAY



- 1 #ZERO DISCRIMINATION DAY MARCH
- 8 INTERNATIONAL WOMEN'S DAY. FOR ALL WOMEN AND GIRLS, RIGHTS, EQUALITY, EMPOWERMENT
- 15 Spend time in nature, and reflect on things that make you happy.
- 22 Connect with a mentor or someone who inspires you for a meaningful conversation.
- 29 Prepare some fun time with your peers YOU DESERVE TO CELEBRATE LIFE

SERENITY
SUNDAY



- 2 Reflect on your spiritual journey, is it taking you to a place of fulfillment?
- 9 Rest, up You have earned it
- 16 Plan a relaxing weekend. , go for that short trip
- 23 Rest or Journal about things you are passionate about.
- 30 Reflect on your wins. Write a journal about all the steps you have taken.