



TERIKUZIKIZA AUGUST 2025

THEME



FUEL THE FLAMES

keep the fire burning



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WELLNESS JOURNAL

MINDFUL MONDAY



04
Reignite Your Purpose Write down three things that truly light your inner fire

11
Treat yourself with kindness today. If you make a mistake, acknowledge it without judgment and move on.

18
Do you know you are your best thing Look into a mirror, breathe love into your reflection, whisper one affirmation.

25
You alone are enough. You have nothing to prove to anyone. Your worth is inherent

TOUCHDOWN TUESDAY



05
Make a Fire Jar for August drop in weekly wins or fiery thoughts, revisit in December.

12
Almost everything will work again if we unplug even for a few minutes. Take a break

19
The art of Persistence, If you've felt stuck on a task, revisit it with a fresh perspective and try a different approach.

26
The only way to do great work is to love what you do. 'Sustain Your Fire, find your passion

WHINE DOWN WENESDAY



06
Simply hydrate and sleep better water is BAE

13
You yourself, as much as anybody in the entire universe, deserve your love and affection. ukn

20
Fuel with focus, KEEP YOUR EYES ON THE PRICE

27
Treat yourself with kindness today. If you make a mistake, acknowledge it without judgment and move on.

THANKFUL THURSDAY



07
Express your gratitude even when it all seems lost, it keeps your fire burning

14
Share your Light someone could benefit from your experience.

21
Strength does not come from physical capacity but from an indomitable will. Do something that challenges you

28
Consistency is key to keeping the flame burning.

FEEL GOOD FRIDAY

01
If 'bra straps' distract men, how many bras do we need to bring the downfall of the patriarchy. Honor your body on your own terms. ukn

08
Wellness will not happen by accident. It must be a daily practice." Schedule your daily wellness

15
The more you love you, the less you want to pretend to be other people. Honor your authenticity

22
Reconnect with People Who Inspire You, plan a call, coffee, or send a text

29
Avoid the desire to control everything in your life.

SERENITY SATURDAY

02
If it is robbing you of joy let it go. Declutter and breathe freely

09
Prepare nutritious meals all month, add fruits and vegetables. Make life yummy and healthy.

16
Create a Fire Up playlist for workouts or motivation, MUSIC IS THERAPY

23
Giving back to grow. FUEL UP SOMEONE ELSE'S FIRE.

30
Get Feedback from trusted friends. ACCEPT positive criticism

SLOWDOWN SUNDAY



10
Try a Sunrise/Sunset ritual at least 3 days watch in stillness and set your intentions

