TERIKUZIKIZA AUGUST

MINDFUL MONDAY

TOUCHDOWN TUESDAY

WHINE DOWN **WENESDAY**

THANKFUL THURSDAY

WELLNESS JOURNAL

FEEL GOOD FRIDAY

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

01

SERENITY SATURDAY

SLOWDOWN SUNDAY

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

02



THEME

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

05

19

Simply hydrate and sleep better water is BAE

06

20

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

07

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

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

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

FUEL THE FLAMES

keep the fire burning



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

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

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

Share your Light someone could benefit from your experience.

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

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



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

affirmation.

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

Fuel with focus, **KEEP YOUR EYES ON THE PRICE**

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

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

22

29

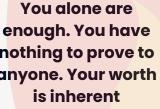
Giving back to grow. FUEL UP **SOMEONE ELSE'S** FIRE.

23

Connect with us







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

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

Consistency is key to keeping the flame burning.

28

Avoid the desire to control everything in your life.

Get Feedback from trusted friends. **ACCEPT** positive criticism

30

