

WellnessJournal

THEME: SELF CARE SEPTEMBER 30 DAYS OF YOU

MINDFUL MONDAY

You can not serve from an empty vessel. To be of service, you must fill yourself up first." Unkn

Our mindfulness is our greatest asset in the fight for justice. It helps us see the bigger picture and not get lost in the noise." Thich

The society is unjust, unconditionally pour into yourself before you can dismantle it. Ms Lemon.

Part of self-care is learning to say 'no' without guilt. Your 'no' to others is a 'yes' to yourself." Unkn

What you think, you become. What you feel, you attract. What you imagine, you create. Let that sink in. unkn

TENDER TUESDAY

Find what brings you joy and run towards it." Unkn

You have to believe in yourself when no one else does." Serena Williams

Healing is a political act. By mending ourselves, we challenge the systems that broke us." Unkn

If there's a book that you want to read, but it hasn't been written yet, then you must write it." Toni M

A wise woman refuses to be anyone's victim." Maya Angelou

WHINE DOWN WEDNESDAY

Embrace what makes you unique, even if it makes others uncomfortable. Janelle Monáe

Revolutionary self-care is about creating space for joy and rest in the midst of struggle, not waiting for the struggle to end. Bell hooks

My worth is never up for debate. Am enjoying everything." On self-acceptance and growth. Sheebah K

Deal with yourself as an individual worthy of respect, and make everyone else deal with you the same way. Nikki

THANKFUL THURSDAY

When you focus on the good, the good gets better." Unkn

You want to fly, you got to give up the things that weigh you down." Morrison

Tend to your own garden first. We cannot pour from an empty cup. Unkn

Don't wait around for other people to be happy for you. Any Happiness you get you've got to make yourself." Alice

FEEL GOOD FRIDAY

Caring for myself is not self-indulgence, it is self preservation

We are all we have. Treat yourself like the precious resource you are." Unkn

Burnout is not a badge of Honor. It's a sign that we are giving too much of ourselves to systems that will not give back. Unkn

Let go of what no longer serves you. Don't let yesterday take up too much of today. " Will

SERENITY SATURDAY

In a world that wants to steal your peace, finding your serenity is an act of self care." Unkn

Your calm is your superpower. Cultivate it." Unkn

The most important conversation you'll ever have is the one you have with yourself." Unkn

Celebrate the small wins too, they might be the ones that matter

SLOWDOWN SUNDAY

Rest is key. The world will not fall apart without you for a few hours." Unknown

Rest

The ultimate act of rebellion is to get a good night's sleep. Unkn

REST



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