

THEME

The greatest thing in the world is to know how to belong to oneself"

SLOWDOWN SUNDAY

MOTIVATION MONDAY

TOUCHDOWN TUESDAY

WELLNESS WEDNESDAY

THANKFUL THURSDAY

FEEL-GOOD FRIDAY

SERENITY SATURDAY



INDEPENDENT OCTOBER WELLNESS JOURNAL

1
LGBTIQ+ HISTORY MONTH.
"To love oneself is the beginning of a lifelong romance"ukn

2
The act of seeing what is good, is the act of creating more good. ukn"
what are you grateful for?

3
Nurture your own garden first. Your light will naturally spill over into the world

4
The journey of a thousand miles begins with a single step. ukn

5
REST

6
Digital detox
The digital world sells you infinite freedom, but true freedom lies in knowing when to log off.

7
"Refrain from complaining. Start celebrating the strength you are building

8
INTERNATIONAL LESBIAN DAY.
LOVE IS LOVE

9
MENTAL ILLNESS AWARENESS WEEK.
"Building Community: Supporting Mental Well-being Together"

10

There is no health without mental health."

11
NATIONAL COMING OUT DAY
Own your story and love yourself through that process

12
For fast-acting relief, try slowing down."
REST

13
Practice mindfulness, A bad moment does not equal a bad life. Let the moment pass without judgment

14
RESET
When we feel like we have nothing left to give, lets give ourselves a break

15
International Pronouns Day
"It causes you no harm to use the right pronouns

16
Face your fears. 'We generate fears while we sit. We overcome them by action".ukn

17
Do a solo activity
"The worst loneliness is to not be comfortable with yourself."

18
Listen to your intuition before making a decision just pause and listen to your gut feeling.

19
Allow your inner self to synchronize with your physical self, move at a pace that feels natural, not forced.

20
ASEXUAL AWARENESS WEEK. You are whole, whether you feel sexual attraction or not. Happy Ace Week."

21
Practice Self-Compassion Treat yourself with the same understanding as you would to a dear friend.

22
A truly independent woman is not afraid to stand alone and follow her own path. ukn

23
"Gratitude is not a magical charm, it is a lens that helps us focus on what we already have in abundance."ukn

24
Learn to say 'Yes' to Yourself Be more of yourself and less of who society expects you to be

25
INTERSEX AWARENESS DAY.
"Fix your hearts, not our parts"unkn

26
GET OUT OF THAT COMFORT ZONE. Tough moments forge true strength."

27
Let go of control "Nothing in life is to be feared, it is only to be understood.ukn

28
Practice boldness "A womxn with a voice is, by definition, a strong woman

29
Define Your Success "A resilient womxn is one who can rise above societal expectations and create their own definition of success."

30
REST

31
Celebrate your independence You deserve to

Connect with us

