

January DARE TO DO WELLNESS JOURNAL 2026

Theme: The Reboot🔄



MOTIVATIONAL
MONDAY

TENDER
TUESDAY

WELLNESS
WENESDAY

THANKFUL
THURSDAY

FEEL GOOD
FRIDAY

SERENITY
SATURDAY

SLOW DOWN
SUNDAY



1
Dare to begin
Starting all over
again is okay

2
DARE TO BE
DIFFERENT
"Normal is just a
setting on a washing
machine."

3
DARE TO AFFIRM,
You are VIP.
"I'm not arguing, I'm
just explaining why I'm
right."

4
Dare to Sleep In. plan
8 hours of sleep
tonight

5
Dare to dream.
"Aim high. Your socks
might reach the
hamper."

6
Dare to Forgive, have
a lighter heart this
year

7
Dare to Speak Up
#find your voice

8
Dare to be grateful,
even for small things
like naps

9
Dare to adopt new
house rules.
"New rule, If I can't
reach it, I don't need
it."

10
Dare to Organize,
declutter for 2026

11
Dare to Rest
"I have a date with my
couch. We are getting
serious

12
Dare to Delegate.
Teamwork means
never having to take
all the blame

13
Dare to Simplify your
life. Start with
ignoring complicated
people

14
Dare to Feel, tears are
the emotional sweat of
the soul

15
Dare to State Your
Needs. Is it coffee or a
hug tell people in your
life what you need from
them

16
Dare to Plan. avoid
unscheduled business
this year

17
Dare to Explore
#vumbula



18
Dare to slow down.
#kakana

19
Dare to reflect
Spend a few minutes in
silence, simply
observing your
thoughts and breathing

20
Dare to Say No.
My 'to-do list
whispered, Maybe
later.'

21
Dare to Cleanse
Delete, unsubscribe,
uninvite unnecessary
events from your life.

22
Dare to Be Kind Unless
they ask you to share
your Nsenene

23
Dare to Unwind. I'm
currently unsupervised,
let the possibilities be
endless

24
Dare to Self-Soothe.
"I'm not lazy, I'm
running on energy
saving mode."

25
REST



26
Dare to accept things
you can't control.
"I can't control the
weather, but I can
complain about it."

27
Dare to Save up
And invest

28
Dare to be Present
this year, try series of
meditation focused
on peace

29
Dare to Upgrade.
You deserve slightly
better socks

30
Dare to Appreciate
you. Self-love is
important. Be your
own Favorite
distraction

31
Dare to Celebrate.
"I deserve a medal
or just a really big
cake



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