

# January DARE TO DO WELLNESS JOURNAL 2026

## Theme: The Reboot



### MOTIVATIONAL MONDAY



5

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

### TENDER TUESDAY



6

Dare to Forgive, have  
a lighter heart this  
year

### WELLNESS WENESDAY



7

Dare to Speak Up  
#find your voice

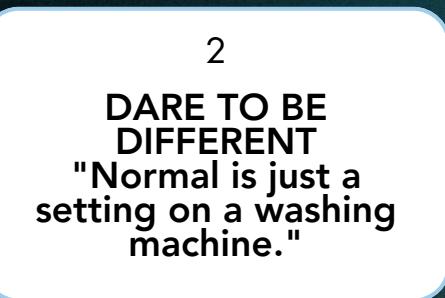
### THANKFUL THURSDAY



1

Dare to begin  
Starting all over  
again is okay

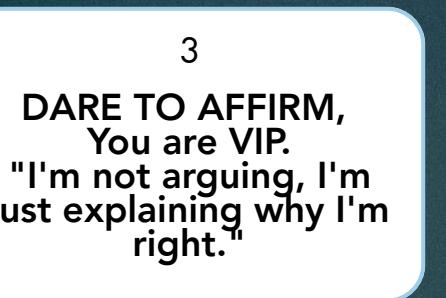
### FEEL GOOD FRIDAY



2

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

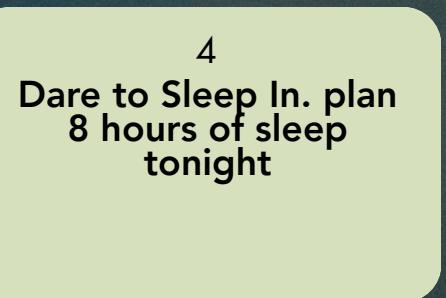
### SERENITY SATURDAY



3

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

### SLOW DOWN SUNDAY



4

Dare to Sleep In. plan  
8 hours of sleep  
tonight

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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