



FEEL GOOD February

Theme: Love & Soft Resistance

Week 1: The Daily Reset

Q HISTORY MONTH



SLOWDOWN SUNDAY

1st February

Welcome to a February kind of love, GENTLE, WARM AND EVER BLOOMING.

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MELLOW MONDAY

2nd February

Drink at least 2 litres of water today. Wellness is a connection to the self that no one can take away

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TENDER TUESDAY

3rd February

Personal Inventory What 3 things keep you grounded.

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WELLNESS WENESDAY

4th February

BE GENTLE TO YOURSELF, BRAVERY STARTS WITH GRACE

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THANKFUL THURSDAY

5th February

Randomly check- in on someone. Solidarity is the best currency even when the economy is sort of shaky

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FEEL GOOD FRIDAY

6th February

Flexibility in the body leads to flexibility in mind. Spare a few minutes for a body stretch

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SERENITY SATURDAY

7th February

DECLUTTER FOR FEBRUARY

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FEEL GOOD February

Theme: Love & Soft Resistance

Week 2: The VALENTINE'S Week

Q HISTORY MONTH



SLOWDOWN SUNDAY

8th February

Do some
Breathwork
Your breath is
free and it
belongs only to
you

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MELLOW MONDAY

9th February

To love oneself
is the beginning
of a life long
romance.ukn

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TENDER TUESDAY

10th February

Understand your
love language
and
communicate it.

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WELLNESS WENESDAY

11th February

My capacity to
love is my
greatest
rebellion

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THANKFUL THURSDAY

12th February



AFRICAN
PODCAST DAY
#SHESAIDWHAT
SHE SAID

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FEEL GOOD FRIDAY

13th February

You are an
evening star,
actually the
fairest of them all.
Keeping shining
brightly.

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SERENITY SATURDAY

14th February



Celebrate all love,
galentines/parentine/
solotine

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FEEL GOOD February

Theme: Love & Soft Resistance

Week 3: Q LOVE IS RESISTANCE

Q HISTORY MONTH



SLOWDOWN SUNDAY

15th February

Catch up on your favorite Q series.

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MELLOW MONDAY

16th February

Be yourself, everyone else is already taken

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TENDER TUESDAY

17th February

Secretly find the joy of being the rainbow sheep in your family.

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WELLNESS WENESDAY

18th February

LOVE IS LOVE, no matter the package.

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THANKFUL THURSDAY

19th February

SOME OF US ARE BORN WITH FIRE AND SOME OF US FALL IN LOVE WITH WOMXN WHO IGNITE IT

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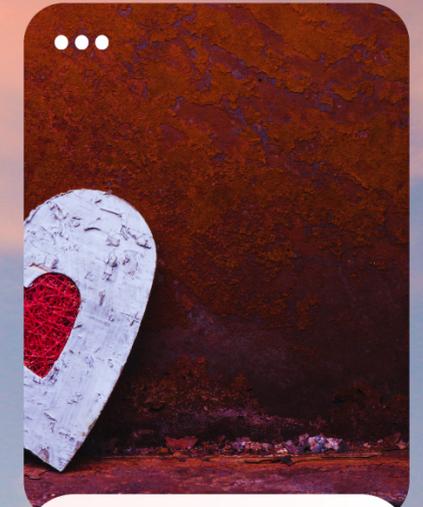


FEEL GOOD FRIDAY

20th February

LOVE ALWAYS WINS, POUR IT INTO EVERY PART OF YOUR LIFE

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SERENITY SATURDAY

21st February

LOVE IS NEVER A MISTAKE

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FEEL GOOD February

Theme: Love & Soft Resistance

Week 4: Affordable Affection

Q HISTORY MONTH



SLOWDOWN SUNDAY

22nd February

Spend the day doing absolutely nothing except resting

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MELLOW MONDAY

23rd February

Sit in silence for even 5 minutes focus, only on your heartbeat, let your emotions run. Quiet the mind and the soul will speak

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TENDER TUESDAY

24th February

Tell yourself three things you admire about your character. "Self-love is a quiet, steady fire.ukn

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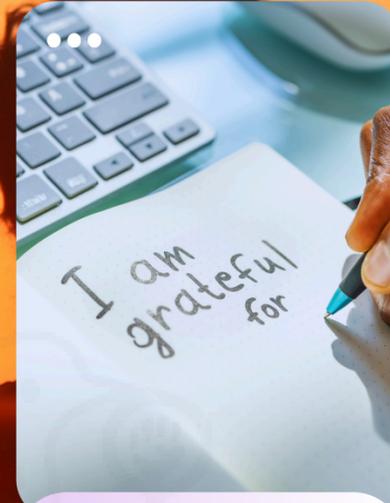


WELLNESS WENESDAY

25th February

Look at photos of a time you felt truly happy, appreciate that moment "Your history is full of survival trust your strength.ukn

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THANKFUL THURSDAY

26th February

Gratitude turns what we have into enough.

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FEEL GOOD FRIDAY

27th February

Celebrate. We made it through a tough month. "Resilience is not just bouncing back, it's growing through."

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SERENITY SATURDAY

28th February

Sooth yourself with a homemade SPA, a shower or bath to wash off the month's stress. "Water cleanses the spirit as much as the skin.ukn

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