

WOMXN MARCH, WELLNESS JOURNAL

EASYBREEZY SUNDAY

Welcome to womxn March. **HUSTLE HARD OR GO HOME**



08

HAPPY INTERNATIONAL WOMXN'S DAY. #GIVETOGAIN

MONEY MONDAY

Budgeting is for broke people, false. budgeting is how people stop being broke.

09

We would rather regret the risks that didn't work out than the chances we didn't take at all. Simone

AFFIRMATION TUESDAY

Check on your beneficiaries Who gets your hard-earned legacy, black tax isn't a joke

10

Money will bring you the girl you want but struggles will give you the womxn you need.

WELLNESS WENESDAY

Manage to Save up for when it rains. Make your money work as hard as you do

11

Drink at least 2 litres of water everyday. Your body is the engine that makes the money. **HYDRATE**

THANKFUL THURSDAY

Examine your attitude toward money, do you have a fear of loss, are you greedy or afraid of making mistakes with your money.

12

Send a Thank You note to a womxn who has helped your career or life. "Networking is net worth".

FEEL GOOD FRIDAY

Track your expenses so you don't think you lost your money

06

13

IF YOU OWE SOMEONE MONEY, GET ON A PLAN AND PAY THEM. BECOME DEBT FREE

SERENITY SATURDAY

Declutter your wallet and delete apps that trigger mindless spending

07

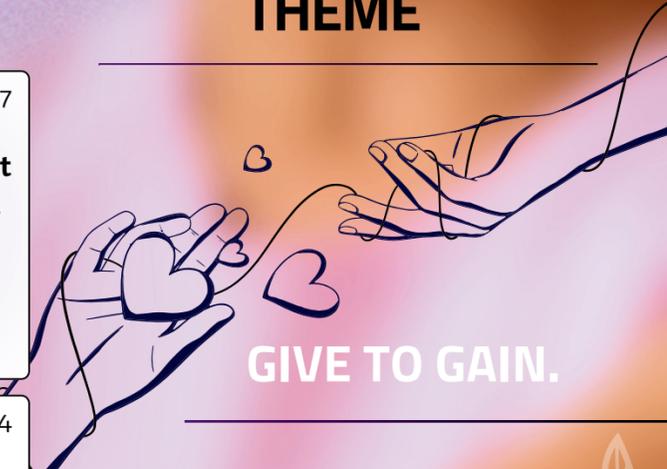
14

FREE



THEME

GIVE TO GAIN.



Sleep in. Radical rest is a middle finger to a system that wants you exhausted.

15



Side Hustle Bae. Identify one high value skill you can monetize

16

Success is loving yourself, loving what you do, and loving how you do it." Maya

17

Dress in an outfit that makes you feel like a CEO, even if you're working from home.

18

Do some digital detox for 4 hours. No scrolling, no deals, no influence

19



Review your Joy goal. How close are you to that travel or luxury fund?

20

Don't brag about morals, until you have the money to fund your temptations.

21

Prep some meals for the week to avoid expensive takeout

22



Audit your income. Is it enough? If not, name the gap number you need to close

23

I am lucky that whatever fear I have inside me, my desire to win is always stronger." Serena

24

Get 10 minutes of deep stretching release the tension of the grind.

25

Money does not change who you are, all it does is magnify our true natures.

26

Buy a coffee or tea and sit in a high-end space. Get used to the atmosphere of wealth

27

GWE, enjoy your money, Love is beautiful, but money is power

28

Go to bed 1 hour earlier. Wealth requires a sharp, rested brain

29

Give to Gain Pledge for IWD. how you will use your power to help another womxn succeed

30

Buy yourself a small, intentional reward. You earned it. You gained it.

31



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