

WOMXN PRIDE
JUNE WELLNESS

JOURNAL 2026

Theme:
#Free to be proud

AFFIRMATION MONDAY



1
HAPPY WOMXN PRIDE
#freetobeproud
#itsrainingrainbows


8
If I followed all the rules, I'd still be trying to fit into a box that was way too small for me anyway.unk

15
Oh, you don't approve of my lifestyle? Good thing I didn't invite you to live it.unk

22
Never allow yourself to be made a victim. Accept no one's definition of your life. Define yourself #youknowwho you are

30
I am the main character. Everyone else is just an extra. STAY PROUD

TOUCH DOWN TUESDAY



2
Pride is the freedom to be exactly who you are, without apology.


9
Be your own everything everyone else might be already taken #survive

16
We should love ourselves so fiercely that when others see us they know exactly how it should be done.unk

23
Peace is not the absence of noise; it is the presence of a calm and proud heart.

31
Pride does not end when June does. The freedom to be proud is a year round state of mind.unk

WHINEDOWN WENESDAY




3
Authenticity is the truest form of joy. When you drop the mask, happiness naturally rushes in. Unk

10
Speak your truth with pride, and let the harmony of your voice drown out the noise of doubt. Unk

17
There will always be someone who doesn't see your worth. Don't let it be you." unk

25
Love her ,let her love you,that is your pride.,choose who chooses you.#nowahala

THIRSTY THURSDAY




4
Love is a human experience, not a political statement. #lovewins

11
It takes a lot of courage to be distinct and bold. Stand completely in your own truth.unk

18
You must find your own quiet center of life, and open yourself up to the world from there.unk

26
Everyone should be able to express themselves in the way that best suits them life is too short to spend it unhappy.unk

FEEL GOOD FRIDAY




5
Cut the ending. Revise the script. The man of her dreams is a girl. #saythatagain

12
Love isn't a choice. It's a recognition You fall in love with the person, not their gender, not their race, not their religion.unk

19
When we choose to be happy in our own skin, we win. #QJOY

27
Do not allow people to dim your shine because they are blinded. Tell them to put on some sunglasses, because we were born this way.LG

VIBESON SATURDAY




6
FREE

13
I am no longer accepting the things I cannot change. I am changing the things I cannot accept. #Maya

20
There's nothing wrong with you. There's a lot wrong with the world you live in. Let no one tell you otherwise.

28
Plan a vibeson evening Do something nice for yourself . lets celebrate our pride.

SLOWDOWN SUNDAY



7
Catch up on some Q series./short film #beinspired

14
REST

21
I'm not lazy,I'm just aggressively practicing the art of doing nothing.unk

29
REST UP

SCAN QR TO CONNECT WITH US

