

# Wellness Journal

MINDFUL MARCH. 2022

**THEME: "WOMXN"**



	Me-Day Monday	Tasty Tuesday	Willful Wednesday	Thankful Thursday	Fun-Day Friday	Sassy Saturday	Sundown Sunday
BREAKFAST	Have a cup of tea, boiled egg and banana	Eat an apple have a glass of plain yoghurt	Have a fruit salad ,water melon ,pineapple and mango	wake up early make some Irish mixed with groundnut paste	Make some fried eggs with cucumber salad	Have beef matooke katogo and some avocado salad	Weetabix cereal cut some banana in there and a glass of cocktail juice
Exercise	Stretch and Deep breath for 15 minutes	Do an 8 hour sleep challenge	Go for a mindful walk	Do 100 push-ups throughout the day	Do 100 squats through the day	Go jogging or have morning walk	Meditate with yoga.
Activity challenge	De-clutter your workspace. Do a random act of kindness at work	Compliment someone today and make a list of things that you love about yourself.	Reduce your screen light by 25 %	Do some digital detoxing	Get together with your girlfriends and celebrate your successes	Dance to your favorite song	Make a vegetarian meal. Pumpkin and nakati .(Green) Matooke and peas. Posho and Spinach
Self-love affirmation or quotes.	I can learn to do anything I want	Improve sleep habits and wake up feeling well rested	Stop underestimating yourself. "you got this"	love yourself enough to set boundaries	Remember you teach people how to treat you by deciding what you will and won't accept	Doubt me ,hate me ,you're the inspiration I need	I am indeed a Queen because I know how to rule myself
Water	2 cups	3 cups	4 cups	5 glasses	6 glasses	7 glasses	8 glasses