

Wellness Journal

THEME: "SELF-CARE SEPTEMBER"

SEPTEMBER. 2022

SUNDOWN SUNDAY

Forgive yourself when things go wrong, everyone makes mistakes

Make time to slow down, take a nap and refuel. no plans

Get active outside and give your mind and body a natural boost

Avoid saying 'I should' and make time to do nothing

MELLOW MONDAY

Find time for 'me time', it's essential not selfish

Have a homemade healthy meal

Don't compare how you feel inside to how others appear outside, your uniquely special

Let go of other people's expectations of you and just hydrate

Leave positive messages to see regularly,

TERRIFIC TUESDAY

Aim to be good enough, rather than perfect

If you're busy allow yourself to pause and take a break

Write down things you appreciate about yourself

Do some cardio, air boxing, get that heart pumping

Attend dance yoga, feel refreshed and hydrate

WELLNESS WEDNESDAY

Remind yourself your enough, just as you are

Choose to see your mistakes as steps to help you learn

Take some time, make a list of things you love about yourself

Give yourself permission to say no. you're not put on earth to please everyone

TENDER THURSDAY

Be willing to share how you feel and ask for help when needed

Check on a friend, make healthy conversations

Notice how you are feeling without any judgements

Create a safe space to have real talks with friends

FUN TIME FRIDAY

Meditate with yoga, while listening to your favorite song

Accept yourself and remember your worthy of love

Choose to see your mistakes as steps to help you learn

Explore ways to use one of your strengths or talents

SENSUAL SATURDAY

Ask a trusted friend to tell you your strength

Go to the gym or do a simple work out

Enjoy photos from a time with happy memories of, when you were a child

Look at yourself in the mirror and admire how sexy you look

