



Wellness Journal

INDEPENDENT OCTOBER.2022

THEME: "INDEPEDENT OCTOBER"

	WEEKLY PLANNER	SELF MOTIVATION MONDAY	TASTY TUESDAY	WHINE DOWN WEDNESDAY	THIRSTY THURSDAY	FUN DAY FRIDAY	SASSY SATURDAY	SUN DOWN SUNDAY
NUTRITION CHALLENGE		Make yourself a heavy breakfast every morning	Do not forget to add salad on your meals	Share your lunch with a friend or workmate	Enjoy that homemade meal, add vegetables	Dessert Fridays.	Dine at a locally sourced eat out.	Detoxing Sunday
ACTIVITY CHALLENGE COMING FROM CODEPENDENCY TO BEING MORE INDEPENDENT		Learn to set boundaries, speak up, listen to yourself physically and emotionally	Learn to communicate effectively . Let your needs be known so as you can enforce clear boundaries	Improve on your mobility, learn to exercise so you get stronger and flexible	Find strength. physical or, emotional so as you able to face anything with confidence	Learn to Balance and practice endurance. Everyone gets bad days	Keep your mind healthy. Get plenty of sleep ,engage in adult mind games like trivia	Get time Alone, read a book or meditate
EXERCISE CHALLENGE		30butt kicks,15 jumps, 15 squats	Ride your bike or go jogging, you can invite a friend	Do some Rope skipping, stretch to strengthen your leg muscles	Do a dance workout, kickboxing or weight lifting	Do some aerobics. Go for a walk or go swimming	Go for zumba and Relax into yoga	Take a nap
QUOTES ON SELF INDEPENDENCE		Expect more from yourself other than from others	If you don't like being a doormat get off the floors	Life is tough but so are you	Alone by yourself, you can build the kingdom you want	Be proud of yourself for how far you have come	Frame challenges as opportunities, don't be envious be proactive	Don't be afraid to speak out keep fighting for your dreams
HYDRATE		5 glasses	5 glasses	5 glasses	6 glasses	6 glasses	7 glasses	7 glasses

