

Wellness Journal

THEME: "DECLUTTER JANUARY"



WELLNESS
PLANNER

MOTIVATIONAL
MONDAY

TOUCH DOWN
TUESDAY

WHINE DOWN
WEDNESDAY

THANKFUL
THURSDAY

FUN
FRIDAY

SASSY
SATURDAY

SUN DOWN
SUNDAY

Nutrition
challenge

HYDRATE all week. take at least 7 big glasses of water

Prepare yourself a healthy breakfast

Don't forget to add some salads and vegetables on your meals

No red meat Thursdays try fish or chicken

Take yourself out at a local kafunda and enjoy some local foods

Try out that new recipe and invite your friends over for a meal

Detox with some homemade green juice

Exercise
challenge

45MINS of body Stretching with yoga

30push-ups and 30 sit-ups and meditate all day

Take some deep breaths. Close your eyes and breathe in and out slowly.

Skip rope and do some air punches

Do 100 squats through the day and stretch

Go jogging or have a morning walk

8 hours sleep challenge. You need to rest your mind

Activity
Challenge

Set your defined goals and Complete Priorities. DONOT Multitask

Transfer thoughts to paper, organize your mind and then start on that do to list for this year

Stop living in your head Accept What You Can't Control and Step Back From Your Thought

Remove limiting self-definitions. set your own core values and live by them

Take Action Towards What Matters and Focus On The Present Moment

Declutter your physical space. Get rid or give away stuff you don't need

Practice being Decisive, learn to Challenge Negative thoughts .Decisions made by us are most meaningful.

MOTIVATIONAL
Quote

"If your mind isn't clouded by unnecessary things, then this is the best season of your life."

Lighten up, forgive yourself and others and move on

Slowly cut things out until you're left only with what you love and what's necessary

Clear your mind and Let go of the heaviness that is weighing you down. Make your life simple

"HAKUNA MATATA." DO NOT WORRY BE HAPPY , it's a FRIO

Your time is limited, so don't waste it living someone else's life.

Stop stressing and worrying. Give rest to the problems weighing you down.

