

Wellness Journal

THEME: "LOVE"

FEBRUARY.2023

WEEKLY PLANNER	SOFTCHILL SUNDAY	MAGICAL MONDAY	TREASURE TUESDAY	WET WEDNESDAY	THIRSTY THURSDAY	FRIO FRIDAY	SASSY SATURDAY
WELLNESS CHALLENGE	Make yourself a big lunch, then stay in sleeping or go for a chill evening alone or invite a friend	Self-Affirmation Monday I deserve a happy life.	Buy yourself a notebook and write down your thoughts	Meditation Wednesday, reflect on the day, write down self-affirmation messages and pin them on the wall	Write a gratitude letter to yourself and after send one to a close friend	Kindness is a beautiful gift, surprise a friend with something nice	Catch a romantic comedy then go dancing after
NUTRITION CHALLENGE	Detox Sundays, juice or green vegetables	Wake up and make some katogo with salads, fill-up with a glass of freshly squeezed natural juices.	Increase water intake by 7 glasses a day	Go spice shopping, get some black pepper, cinnamon, cumin, etc, improve your cooking skills	Make a salad platter, avocado, cucumber, lettuce, spinach, tomatoes add vinegar to taste	Reduce on red meat intake	Go out for some sweet chocolate ice cream you have earned it
PHYSICAL EXERCISE	Take enough rest	45 mins of lingala dancing sweat, release all the fluids in your body protein up after	Do Imaginary rope Skipping and some air punches.	90squats, 90situps, run 6laps around the house	Do a zumba dance routine for 45mins taking breaks and finish with yoga	Go to gym. Work on cardio build those muscles you need the strength	Take enough rest
QUOTE OF THE DAY	"You are your best thing." - Toni Morrison	love you, then others	Light up the fire inside you,	No matter how bad the day is, don't forget to drink water	I was built this way for a reason.	"Self-esteem means knowing you are the dream." - Oprah	"Don't give up you have power".

