

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

My Plan is to focus on the wellness that comes from loving the person in the mirror who has been through so much but is still standing strong.



Deep Breathes

Hydration Check!

This will be glass number...



Three times I was Thankful to have had some help...

4

Reflection The Happiest people are those that do the most for others.

5



6

Can I do something today to support Healthy & Nutritious snack choices this week?

7

What am I missing by being on electronic devices? Let's try to Unplug for a little bit.

- 30 Minutes
1 Hour
2 Hours

8

No matter what gets done and how much is left undone, I am Enough!

9

Last ten minutes of lunch, perfect time to take a Walk outside and get some Fresh Air.

I did it! []

10

Can I speak more kindly to myself? What can I tell myself instead?



11

12

Reflection Your mind will always believe everything you tell it. Feed it Hope Feed it Truth Feed it Love

13

Today I will show love to Myself A friend Others

14

Half-way through the month, Pause and see how our wellness plan is going. Do I need to modify anything?



Now, let's try this three more times together. 16

Moments when I feel Strong and Capable are...

17

Hang in there you're doing



Great!

18

What a great day to reach out to those you have been thinking of. Call, they would love to hear from you.

19

Skip the drive thru tonight. Let's see what is in season that we can add to a Home cooked meal.

20

What are some self love actions I can do today?

21



Give yourself some flowers!

22

Kindness is free, smile, say hello, or wave to someone new.

I did it! []

23



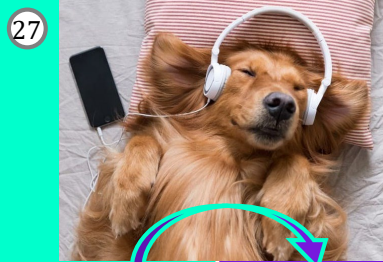
What physical fitness activity can I try to better support my health and heart?

24

25

Reflect on some challenges that you overcame this month? What made you proud? What brought you peace?

26



27

28

Rest and Recharge so you will

be ready to Rock the week!

2022 February

