



2024 Wellness Planner

January

Set realistic and attainable goals

February

Build a self care routine that works the best for you

March

Practice and work on single-tasking

April

Note down and cherish small wins

May

Cut out negative self-talk and use positive affirmations

June

Learn to say no when needed

July

Learn something new which interests you

August

Eat wholesome and healthy food

September

Find out and work hard on your passion

October

Sign off of social media for a while, be on a detox

November

Exercise and workout on a regular basis without skipping

December

Review previous growth and work on improvement

