

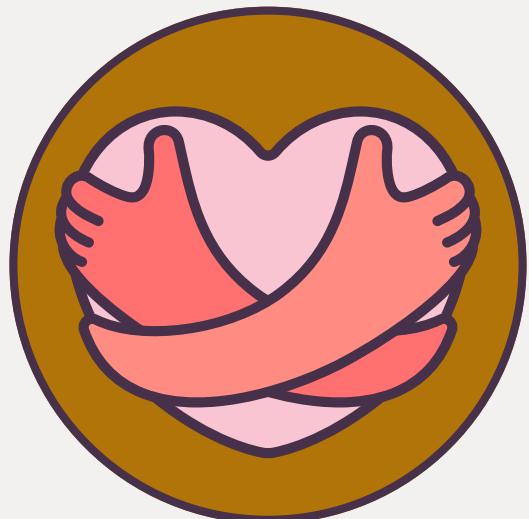
Affirming Her Life: January



I AM:	I AM GRATEFUL FOR:
Define who you are	
MY WORD FOR THE YEAR IS: BECAUSE:	I INTEND TO:
Define your theme	state the facts
MY INTENTIONS MATTER BECAUSE:	THE THING THAT COULD POSSIBLY TRY TO SET ME UP AGAINST MY INTENTION:
You matter :)	be real with yourself sis
MY PRIORITIES ARE;	MY AFFIRMATIONS ARE:
It is ok to have boundaries	speak it to life sis



Affirm Her Life - Wellness With Her Club Challenge



Month:

Year:

3 minutes of deep breathing

10 minutes of morning movement

Walk outside for 20 minutes

Shoot your shot with something you like

Sleep 7-8 hours a day

Sing your favorite songs

Write your gratitude list

Take a warm bath

Cook your favorite dish

one fruit a day

Take a me-time evening

Start journaling

Take a Njovu Wellness Shot

Practice meditation

Practice gratitude

Try to craft something

Call your loved ones

Have a WATO MOVEMENT Session

Read your favorite book

Write out your Month's plan

Clean up your room

Organize your desk

Hang out with friends

Try to digital detox

Give yourself a break

Do a DIY body scrub at home

Share words of affirmation with a friend

Catch up with your family

Have a lunch outside

Wake up early