

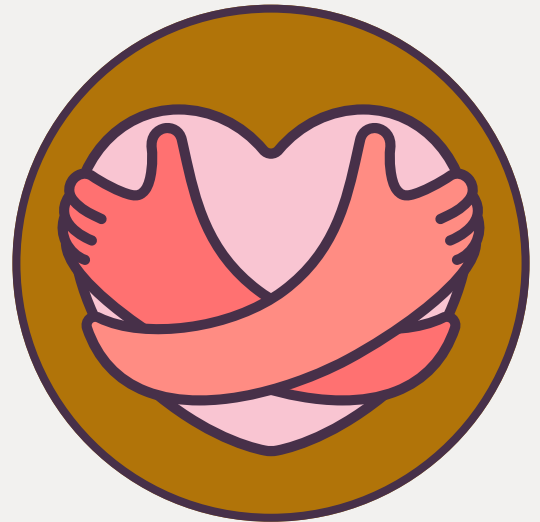
Affirming Her Life: January



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



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