

Affirming Your Life: February

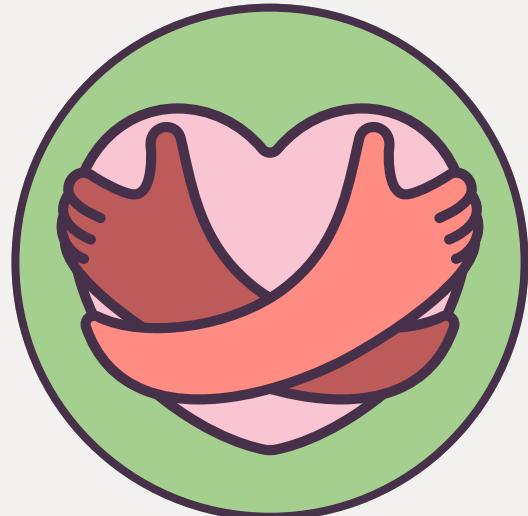


GRATEFUL TO DO THIS WITH YOU.

WELLNESSWITHHERCLUB & WATOMOVEMENT



Affirm Your Life - Wellness With Her Club Challenge



Month:

Year:

Write yourself a love letter.

have a Self-Love Art Session

Write down one thing you're proud of today.

inhale for 4, hold for 7, exhale for 8

Place your hand on your heart and say, "I am enough."

Attend a WATO MOVEMENT Session

Write down 3 things you love about life.

watch a TED Talk on a topic you like.

Take a Njovu Wellness Shot

Have some watermelon or an orange

Call and catch up with your family

Hug a friend or loved one

Do 15 squats in one go (for a week)

Drink a glass of warm lemon water

Practice gratitude

Gift yourself

Watch a feel-good movie

Visualize a pink light filling your heart space.

Gift a loved one or stranger :)

Read a book for 15 minutes

Clean up your space

Create an affirmation jar with self-love quotes.

Share a meal with a loved one.

Get 7-8 hours of sleep

Volunteer

Do a DIY body scrub at home

Share words of affirmation with a friend

Walk slowly, noticing things you're grateful for.

Play your favorite song and dance freely.

Write a letter to your self for showing up