

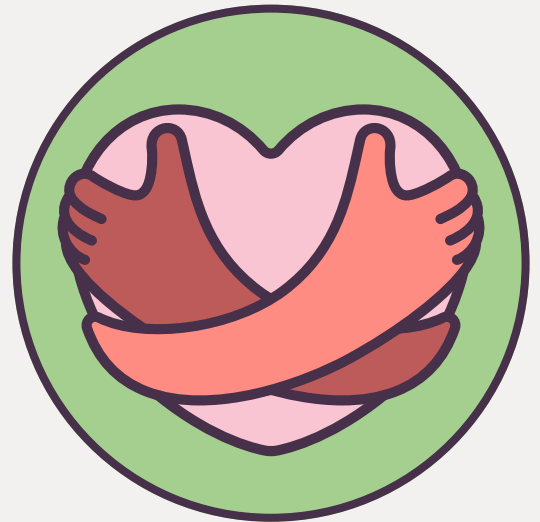
Affirming Your Life: February



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



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
yourself
for showing
up