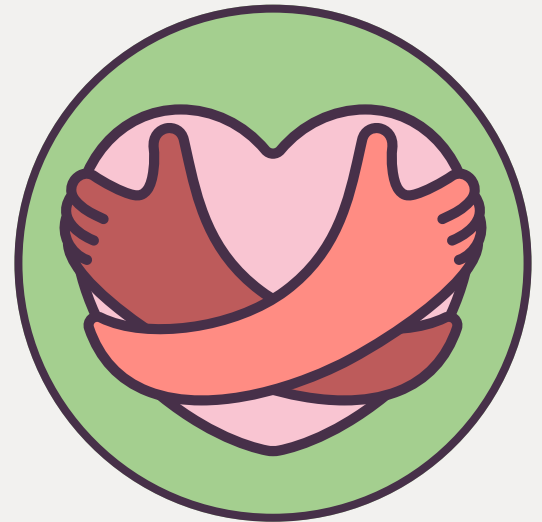




Affirm Your Life - Wellness With Her Club March Challenge



Month:

Year:

- | | | | | | |
|---|--|--|---|--|---|
| <input type="checkbox"/>
Write yourself a love letter. | <input type="checkbox"/>
have a sweaty workout Session | <input type="checkbox"/>
List five things you are proud of and say them out loud. | <input type="checkbox"/>
Attend a cardio n whine WATO MOVEMENT Session | <input type="checkbox"/>
TAKE A SHOT OF GINGER & warm water | <input type="checkbox"/>
inhale for 4, hold for 7, exhale for 8 |
| <input type="checkbox"/>
Wear something BOLD & Powerful | <input type="checkbox"/>
watch a TED Talk on power (in any field) | <input type="checkbox"/>
Take a "Beet The Heat" Njovu Wellness shot | <input type="checkbox"/>
Connect with someone who inspires you. | <input type="checkbox"/>
Call and catch up with your family | <input type="checkbox"/>
Hug a friend or loved one |
| <input type="checkbox"/>
Be mindful of your posture this week | <input type="checkbox"/>
Drink a glass of warm lemon water | <input type="checkbox"/>
Practice gratitude | <input type="checkbox"/>
Post something you love without worrying about likes or comments. | <input type="checkbox"/>
Watch a feel-Good super power movie | <input type="checkbox"/>
Remove one distraction that takes up too much of your energy. |
| <input type="checkbox"/>
Make an empowered financial decision | <input type="checkbox"/>
Read a book for 15 minutes | <input type="checkbox"/>
Clean up your space | <input type="checkbox"/>
Create an affirmation jar with POWER quotes. | <input type="checkbox"/>
Share a meal with a loved one. | <input type="checkbox"/>
Get 7-8 hours of sleep |
| <input type="checkbox"/>
Notice when you compare yourself to others and redirect that energy to gratitude. | <input type="checkbox"/>
Curate a Power Playlist | <input type="checkbox"/>
Share words of affirmation with a friend | <input type="checkbox"/>
Advocate for someone else | <input type="checkbox"/>
Make a strategic move toward one of your biggest goals | <input type="checkbox"/>
Write a letter to your self for showing up |