

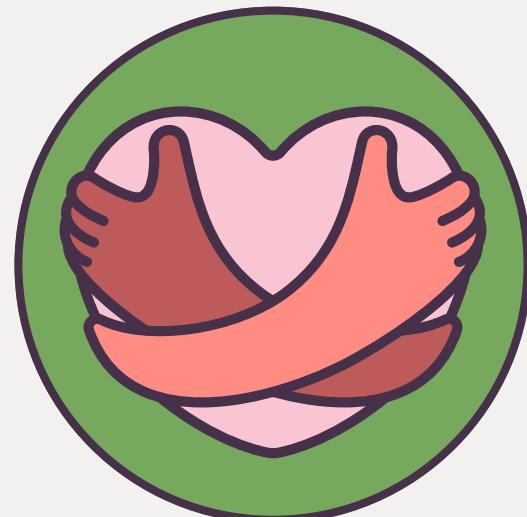
Affirming Your Life: April



GRATEFUL TO DO THIS WITH YOU.



Affirm Your Life - Wellness With Her Club April Challenge



Date started:

Year:

Write down 3 wins and 3 challenges from March

drink a glass of water before anything else

Do a posture reset every two hours.

Take a "Tropical Zing" Njovu Wellness shot

Drink a glass of warm lemon water

inhale for 4, hold for 7, exhale for 8 counts

Visit a new place for fresh perspective

Walk or stretch between your work breaks

Attend a cardio n whine WATO MOVEMENT Session

Connect with someone who motivates you.

Call and catch up with your loved ones

Read a book on a new topic.

Be mindful of your posture this week

Make A DIY SHOT OF GINGER & warm water

Share a meal with a loved one.

Post something you love without worrying about likes or comments.

Watch a feel-Good super power movie

Remove one distraction that takes up too much of your energy.

Listen to the latest Wellness Live Episode

Read a book for 15 minutes

Clean up your space

Watch a documentary unrelated to your work

Practice gratitude

Sleep at the same time everyday this week

Notice when you compare yourself to others and redirect that energy to gratitude.

Curate a Power Playlist for Momentum

Spend 20 minutes on something Creative.

Wear something BOLD & Powerful

Make a strategic move toward one of your biggest goals

Write a letter to your self for showing up