

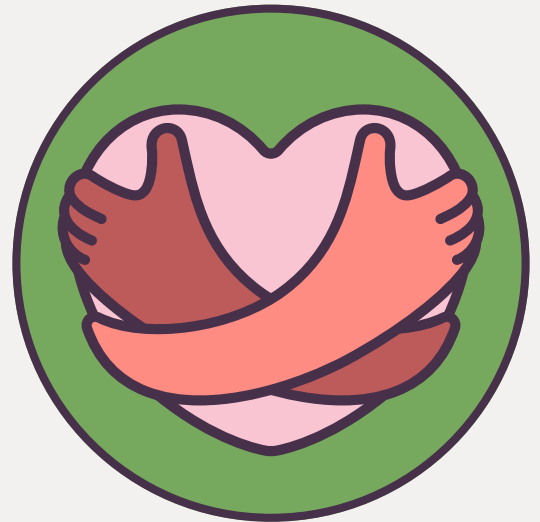
Affirming Your Life: April



<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</p>
<p>MY PRIORITIES ARE;</p> <p>It is ok to have boundaries</p>	<p>MY AFFIRMATIONS ARE:</p> <p>speak it into life</p>



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