

Affirm Your Life: Writers Edition



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

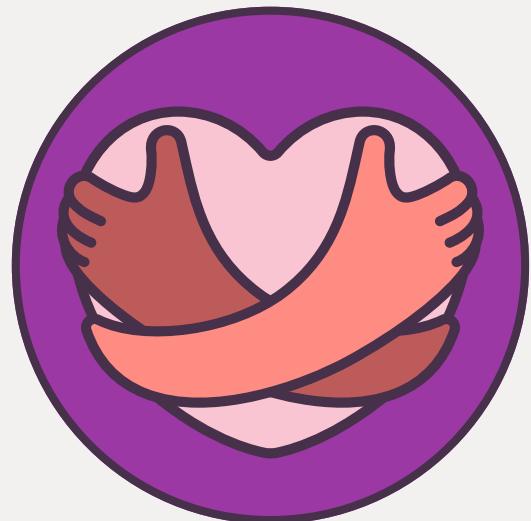
GRATEFUL TO DO THIS WITH YOU.

WELLNESSWITHHERCLUB & WATOMOVEMENT

CONTACT **+256705169034** TO JOIN COMMUNITYN



Affirm Your Life - Wellness With Her Club Writer's Challenge



Month:

Year:

3 minutes of deep breathing

6 minutes of conscious morning movement

Choose a quote from a writer you admire and freewrite your own version of that truth.

Host or join a writers' conversation (online or in person)

Sleep 7-8 hours a day

Create a Pinterest board that visually represents your writing voice or future book aesthetic.

Write your gratitude list

Write a thank-you letter to your past self for every time she kept writing, even when it was hard.

List the lies you've believed about being a writer and then rewrite each one into a truth.

Include avocado in every meal

Take a me-time evening

Start journaling

Use one day to write one sentence at a time, returning every hour with one more.

Write a permission slip to yourself that says: "I am allowed to be seen."

Print or write out your favourite compliment about your writing and stick it near your desk.

Freewrite on the sentence: "I used to be afraid to write about..."

Scout and shoot your shot with a mentor

Attend a Cardio n whine WATO MOVEMENT Session

Write the worst sentence you can think of, laugh, then keep going.

Write out your Month's plan

Clean up your table / writing space

Name your inner critic like a character and give it a new, ridiculous voice.

Set a timer and write nonstop for 20 minutes without deleting or correcting anything.

Try to digital detox

Give yourself a break

Do a DIY body and face scrub at home

Share words of affirmation with a friend

Catch up with your family

Voice-record a message from your future self congratulating you on your consistency.

Wakeup early and journal 3 pages