

# Affirm Your Life: May



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

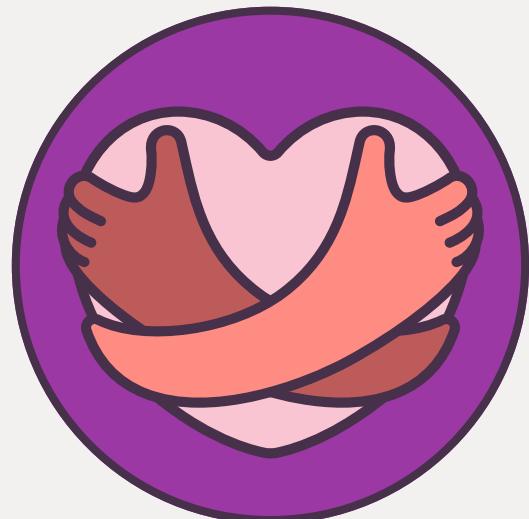
GRATEFUL TO DO THIS WITH YOU.

WELLNESSWITHHERCLUB & WATOMOVEMENT

CONTACT **+256705169034** TO JOIN COMMUNITYN



# Affirm Your Life - Wellness With Her Club May Challenge



Month:

Year:

3 minutes of deep breathing

6 minutes of conscious morning movement

Read about the Luteal Phase

Host or join a menstrual health conversation (online or in person)

Sleep 7-8 hours a day

Write a love letter to your body during your period.

Write your gratitude list

Take a warm bath

Cook your favorite dish

one fruit a day

Take a me-time evening

Start journaling

Take a Beet The Heat Njovu Wellness Shot

Practice meditation

Practice gratitude

Eat a meal of sweet potatoes and avocados

Call a motherly figure in your life

Have a slow whine WATO MOVEMENT Session

Share a myth or stigma about menstruation and debunk it!

Write out your Month's plan

Clean up your room

Organize your desk

Create art (a drawing, poem, or dance) about your cycle.

Try to digital detox

Give yourself a break

Do a DIY body scrub at home

Share words of affirmation with a friend

Catch up with your family

Try a new method of period pain relief (heat pack, herbal teas, yoga)

Wake up early