

# Affirm Your Life: AUGUST



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



# Affirm Your Life - Wellness With Her August Challenge



Date:

Year:

List 5 things you're grateful your mind has done for you.

Attend a cardio and whine WATO MOVEMENT Session

Pick a TED Talk, interview, or documentary that inspires thought.

As soon as you wake up, create a visual map of what's on your mind

Purchase a copy of the Annual Wealth Planner.

Pick a full day where you avoid gossip, complaining, judging, and negative input.

Practice saying no to mental overstimulation e.g., turn off all notifications after 8PM.

Journal for 15 minutes, write without pausing or editing.

Affirm yourself: "I am capable of financial growth." (Say this 10 times).

Design a Mental Retreat Day. What does it look like?

Write 3 new mental beliefs you want to adopt.

Write a New Mental Identity "I am the kind of woman whose mind is..."

Take a negative belief and rewrite it in three positive, affirming ways.

Write a compliment your mind wishes someone would say to you.

Sleep 7-8 hours a day

Affirm Yourself in Third Person

Practice gratitude

Stand in front of a mirror and repeat five powerful affirmations.

Name 5 Things You Can Let Go Of and work on letting them go

Rewrite the Inner Critic Catch a harsh inner thought and respond as your own mental coach

Choose one hour of the day where you don't consume any external information.

Call a friend and practice listening without fixing

Have a meal with green veggies or avocados

Take a "Beet The Heat" Njovu Wellness Shot

Identify 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste

Spend 20 minutes in silence with no tasks. Notice what you hear and how your brain reacts.

Share words of affirmation around wealth with a friend

Brew a warm drink and drink it slowly, noticing each sip, smell, and sensation

Unfollow accounts that trigger mental anxiety or comparison.

Celebrate a mental win from this month; big or small.

GRATEFUL TO DO THIS WITH YOU.

FINANCIAL FITNESS SPA - WELLNESSWITHHERCLUB & WATOMOVEMENT

CONTACT +256705169034 TO JOIN OUR COMMUNITY