

Affirm Your Life: SEPTEMBER



I AM:	I AM GRATEFUL FOR:
Define who you are this season	
MY WORD FOR THE MONTH 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



Affirm Your Life - Wellness With Her September Challenge



Date:

Year:

Update your CV/LinkedIn as if you already embody your affirmed self.

Attend a slow whine WATO MOVEMENT workshop

Practice Gratitude

Try a "day in character" act fully like your ideal self.

Purchase a copy of the Annual Wealth Planner.

Do 20 minutes of movement daily for a week.

Compliment 3 people today with intention.

Enroll in a short course or online workshop.

Do a 7-day "belief audit": catch and correct negative thoughts.

Spend quality time with a loved one without distractions.

Travel to a local place you've never explored.

Plant something or buy a small plant for your room.

Swap one unhealthy snack for a nourishing one.

Try a new outfit/hair style that reflects your future self.

Sleep 7-8 hours a day

Create a mini portfolio of something you want to be paid for.

Organise your wardrobe to reflect the identity you affirm.

Start a 30-day creative challenge (drawing, writing, dance).

Journal nightly: "How did I affirm my reality today?"

Spend one day tech-free (or social-media-free).

Book a health check-up you've been postponing.

Purchase peppermint or mint oil from FitClique Africa

Track all expenses for 7 days to face your money reality.

Take a "Feel Mo Beta" Njovu Wellness Shot

Reach out to someone you admire and start a conversation.

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

Visit a new café, library, or environment that inspires you.

Drink 2 extra glasses of water daily for a week.

Create a playlist that reflects the energy of your future self.

GRATEFUL TO DO THIS WITH YOU.

FINANCIAL FITNESS SPA - WELLNESSWITHHERCLUB & WATOMOVEMENT

CONTACT +256705169034 TO JOIN OUR COMMUNITY