

# Affirm Your Life: OCTOBER



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 October Challenge



Date:

Year:

Notice how your body feels when you breathe deeply.

Attend a cardio n whine WATO MOVEMENT workshop

Practice Gratitude

Dance to one favourite song.

Purchase a copy of the Annual Wealth Planner.

Do 20 minutes of movement daily for a week.

Brew a herbal tea and enjoy it slowly.

Try a new form of exercise (boxing, skipping, cycling).

List 5 parts of your body you are grateful for.

Go to bed 30 minutes earlier than usual.

Journal: "What stories about my body am I ready to let go of?"

Practice balancing on one leg for 1 minute each side

Swap one unhealthy snack for a nourishing one.

Walk barefoot on grass or earth.

Sleep 7-8 hours a day

Take a mindful shower, noticing the sensation of water.

Join a group workout or dance class.

Do a posture check and realign gently.

Journal: "What part of my body feels strongest 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

Write a love letter to your body.

Take a "Beet The Heat" Njovu Wellness Shot

Have one screen-free meal today.

Eat one colourful, fresh fruit mindfully.

Try preparing a wholesome homemade meal.

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