

Affirm Your Life: BREAST HEALTH AWARENESS



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 Breast Health Gratitude Challenge with ERIC Cancer Initiative



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.

Tell one person today about self-checks.

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.

Sleep on your side.

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

Hug someone today.

Check your breasts monthly same time, same way, every month.

Walk barefoot on grass or earth.

Sleep 7-8 hours a day

Go bra free today.

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.

Add pink foods like watermelon or beetroot they support breast tissue health.

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.

Smile. You're doing amazing.

GRATEFUL TO DO THIS WITH YOU.

ERIC CANCER INITIATIVE- WELLNESSWITHHERCLUB & WATOMOVEMENT
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