



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

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Affirm Your Life - Wellness With Her November Challenge



Date:

Year:



Notice how
your body
feels when you
breathe
deeply.



Flow through a
slow Wato
Movement
session,
connecting breath
and rhythm.



Practice
Gratitude



Spend one
day reducing
digital noise.



Purchase a
copy of the
Annual Wealth
Planner.



Do 20 minutes
of movement
daily for a
week.



Hug someone
and silently say
"thank you" for
their presence.



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



Gentle chest and
shoulder
stretches while
breathing
deeply.



Clear physical
clutter to
invite clarity.



Pick a mindset
book or podcast
episode that
fuels resilience.



Identify one
thought holding
you back and
rewrite it.



Vision Mapping:
Journal what
your dream
work-life feels
like.



Walk barefoot
on grass or
earth.



Sleep 7-8
hours a day



Mirror Work: Look
into your eyes and
say, "I am proud of
how far I've come."



Sleep Ritual:
Journal + stretch +
affirm before bed.



Take a nap or
simply do
nothing for 20
minutes.



Attend a Gathering:
Join a space that
aligns with your
values.



Write 3 things
money has
allowed you to
experience.



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



Eat the Rainbow:
Choose
colourful,
nutrient-rich
meals for vitality.



Review your
finances with
love, not fear.



Take a
"Tropical
Zing" Njovu
Wellness
Shot



Speak up in one
situation where
you'd normally
stay quiet.



Call a friend
you haven't
spoken to in a
while.



Try preparing
a wholesome
homemade
meal.



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



Journal, "How
has affirming my
vision changed
my life this
month?"



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

GRATEFUL TO DO THIS WITH YOU.

FINANCIAL FITNESS SPA - WELLNESSWITHHERCLUB & WATOMOVEMENT

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