

Affirm Your Life: NOVEMBER



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 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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