



Affirm Your Life: DECEMBER

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 DECEMBER Gratitude Challenge



Date:

Year:

<input type="radio"/> Notice how your body feels when you breathe deeply.	<input type="radio"/> Flow through a slow Wato Movement session, connecting breath and rhythm.	<input type="radio"/> Write about one difficult experience that taught you something valuable.	<input type="radio"/> Listen to the 12-minute gratitude audio and note one insight after.	<input type="radio"/> Purchase a copy of the Annual Wealth Planner.	<input type="radio"/> Do a five-minute stretch, thanking your muscles and joints during the movements.
<input type="radio"/> Do five slow breaths; on each exhale, whisper "thank you."	<input type="radio"/> Write a message to your younger self acknowledging her strength.	<input type="radio"/> Gentle chest and shoulder stretches while breathing deeply.	<input type="radio"/> Clear physical clutter to invite clarity.	<input type="radio"/> List three people who support your growth and how.	<input type="radio"/> Write one joyful moment on a small paper and place it in your "December Joy Jar."
<input type="radio"/> Vision Mapping: Journal what your dream work-life feels like.	<input type="radio"/> List three ways you've grown this year.	<input type="radio"/> Sleep 7-8 hours a day	<input type="radio"/> Declutter With Gratitude: Remove one unnecessary item from your room and thank it for its service.	<input type="radio"/> Sleep Ritual: Journal + stretch + affirm before bed.	<input type="radio"/> Unfollow or mute accounts that disturb your peace
<input type="radio"/> Attend a Gathering: Join a space that aligns with your values.	<input type="radio"/> Write 3 things money has allowed you to experience.	<input type="radio"/> Book a health check-up you've been postponing.	<input type="radio"/> Share one gratitude message with a friend or family member.	<input type="radio"/> Review your finances with love and gratitude not fear.	<input type="radio"/> Take a "EDEN BLISS" Njovu Wellness Shot
<input type="radio"/> Take a picture of something that brings you joy.	<input type="radio"/> Call a friend you haven't spoken to in a while.	<input type="radio"/> Try preparing a wholesome homemade meal.	<input type="radio"/> Visit a new café, library, or environment that inspires you.	<input type="radio"/> Write one intention for the new year inspired by your gratitude practice.	<input type="radio"/> 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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