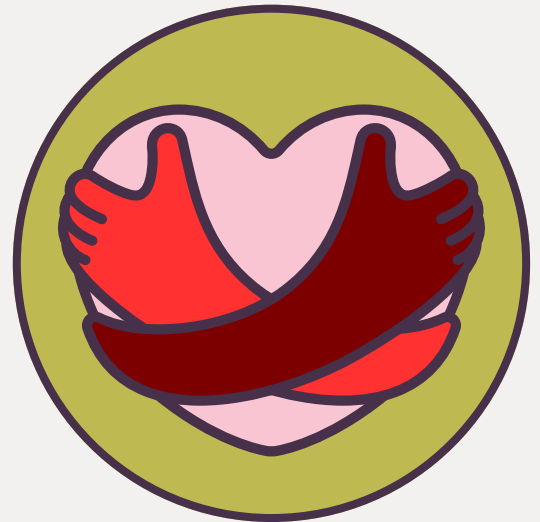






# Affirm Your Life - Wellness With Her Club Heart Challenge



Month:

Year:

- |   |  |  |  |   |  |
|---|--|--|--|---|--|
| <p>Do five deep belly breaths, focusing on long exhales.</p>          | <p>Stretch your hips softly, allowing any held tension to melt away.</p> | <p>Walk outside for 20 minutes</p>                                 | <p>Shoot your shot with something you like</p> | <p>Sleep 7-8 hours a day</p>                                | <p>Sing one of your favorite songs</p>                             |
| <p>Write your gratitude list</p>                                      | <p>Take a warm bath</p>  | <p>Prepare a nourishing meal or snack with intention and care.</p> | <p>one fruit a day</p>                         | <p>Take a me-time evening</p>                               | <p>Soften your neck, shoulders, and jaw with gentle stretches.</p> |
| <p>Make a DIY Njovu Wellness Shot</p>                                 | <p>Release one expectation that no longer feels kind to hold.</p>        | <p>Drink warm herbal tea, slowly, savoring each sip.</p>           | <p>craft something</p>                         | <p>Call your loved ones</p>                                 | <p>Have a flow n whine WATO MOVEMENT Session</p>                   |
| <p>Read your favorite book</p>  | <p>Write down one thing you are ready to let go of.</p>                  | <p>Clean up your room</p>  | <p>Organize your desk</p>                      | <p>Tidy one small space as an act of care, not control.</p> | <p>Step away from social media and give your mind some quiet.</p>  |
| <p>Stretch your lower back and hips before resting for the night.</p> | <p>Do a DIY body scrub at home</p>                                       | <p>Share words of affirmation with a friend</p>                    | <p>Catch up with your family</p>               | <p>Have a lunch outside</p>                                 | <p>Write down one thing you are ready to let go of.</p>            |