



Affirm Your Life - Wellness With Her Club Power Journey



Month:

Year:

Do five deep belly breaths, focusing on long exhales.

Power Posture Drill (5 minutes daily; shoulders back, chin lifted)

Make Your Bed

Shoot your shot with something you like

Ask Directly for What You Want
Clarity is power.

Write a Letter from Your Future Powerful Self

Eat a Protein-Based Breakfast

Power Walk in Silence (20 minutes, no phone)

Prepare a nourishing meal or snack with intention and care.

Have some bananas before your movement session.

Attend The Wato And Craft Session With Bedazzled Crafts Club

Spend Time With People Who Expand You

Attend a Cardio n wine Wato Movement Workshop

Make a DIY Tropical Zing Njovu Wellness Shot

Identify One Energy Leak and Close It

Craft something with Bedazzled Crafts Club

Sleep 7-8 Hours Consistently

Set One Financial Boundary

Work on your core with 20 crunches

Choose One Nourishing Meal Daily

Have One Honest Conversation You've Avoided

Express Appreciation Intentionally

Tidy one small space as an act of care, not control.

Step away from social media and give your mind some quiet.

Ask for Support (Practice Receiving)

Subscribe to Snail Mail from Bedazzled Crafts Club

Practice Eye Contact During Conversation

Catch up with your family and loved ones.

Paint Acrylic on Canvas / Put Rhinestones on Canvas with Bedazzled Crafts Club

Create a "Power Resume" (non-academic wins)