





# Affirm Your Life - Wellness With Her Club Energy Journey



Month:

Year:

Do five deep belly breaths, focusing on long exhales.

Spend time with someone whose presence genuinely restores you.

**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

Spend 10 minutes in complete silence

Prepare a nourishing meal or snack with intention and care.

Have some bananas before your movement session.

Write a letter to a younger version of yourself; what does she need to hear?

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

Wear something that makes your body feel celebrated today.

Sleep at a consistent time for 7 consecutive days.

Read 10 pages of a book that expands your thinking.

Do a digital detox for one full evening this week.

Have One Honest Conversation You've Avoided

Do a 10 minute wind-down stretch before bed tonight.

Express genuine gratitude to someone who has shown up for you recently.

Stand outside in the sun for 10 minutes with bare feet on the ground.

Identify one limiting belief you are carrying and write a replacement truth beside it.

Subscribe to Snail Mail from Bedazzled Crafts Club

Practice Eye Contact During Conversation

Catch up with your family and loved ones.

Write or Receive Your Annual Wealth Planner from Financial Fitness Spa

Do something creative today; draw, cook, arrange flowers, write a poem.