

Affirm Your Life: JULY



I AM: Define who you are this season	I AM GRATEFUL FOR:
MY WORD FOR THE MONTH IS: BECAUSE: Define your theme	I INTEND TO: 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

GRATEFUL TO DO THIS WITH YOU.

FINANCIAL FITNESS SPA - WELLNESSWITHHERCLUB & WATOMOVEMENT

CONTACT +256705169034 TO JOIN OUR COMMUNITY

+256772381105 FOR A FINANCIAL CHECK UP



Affirm Your Life - Wellness With Her x Financial Fitness Spa July Journey



Date:

Year:



List 5 things
you're grateful
money has
done for you.



Create a
'financial vision
board' digitally
or on paper.



Write a letter
to Money;
thank it, invite
it, affirm it.



Automate your
investments –
set a standing
order



Purchase or
journey with your
copy of the Annual
Wealth Planner.



Book a financial
check in with
the Financial
Fitness Spa



Forgive a past
money mistake
write it down,
then write what
you learned.



Find your
"money leaks"
where are you
overspending?



Affirm yourself:
"I am capable
of financial
growth." (Say
this 10 times).



Have some
bananas or
pineapple



Write 3 new
money beliefs
you want to
adopt.



Start your day with
a warm glass of
water and lemon
before anything
else.



Clear physical or
digital spaces that
feel stagnant
(wallets, bags,
apps).



Take a
Tropical Zing
Njovu
Wellness Shot



Sleep 7-8
hours a day



Practice a
'low-spend'
or 'no-spend'
day.



Practice
gratitude



Attend a
cardio and
wine WATO
MOVEMENT
Session



Ask yourself
"What does
financial peace
feel like in my
body?"



Identify 3
money
boundaries you
want to start
enforcing.



Create a FUN
budget for the
things that give
you inner joy



Teach your
children or loved
ones about money
– assign some
homework tasks to
them



Read an article
or listen to a
podcast about
financial
literacy.



Set a savings
goal (even a
small one!) and
name your
savings jar.



Drink water
before
checking your
account
balance.



Protect your
hustle – review
your insurance
needs



Share words
of affirmation
around wealth
with a friend



Map out your
income
streams
current and
potential.



Unfollow
accounts that
trigger financial
anxiety or
comparison.



Celebrate a
money win
from this
month; big or
small.

GRATEFUL TO DO THIS WITH YOU.

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