

MONTHLY AFFIRMATION ACTIVITY

WWW.HTTPS://CHIRONCOUNSELINGLLC.ORG/
HTTPS://WWW.INSTAGRAM.COM/DRBS_INSIGHTS/

JUNE 2020

I AM

**THEME:
EMPOWERMENT**

**FILL IN THE BLANK:
LIST 3 OF YOUR
STRENGTHS**

I AM _____

I AM _____

I AM _____

MONTHLY CHALLENGE: START A GRATITUDE JOURNAL

**CONNECTING
WITH YOUR
MIND BODY
SPIRIT (PICK 3)**

• HATHA YOGA POSE'

• GROUNDING TECHNIQUES (STAND OUTSIDE BAREFOOT)

EXERCISE 30 MINUTES A DAY 2-3 TIMES A WEEK:

• WALKING

• TAI CHI/QI GONG

MEDITATION OR PRAY

• BICYCLE

• SINGING, LISTENING TO MUSIC FREQUENCY 396HZ

CRYSTALS: RED JASPER, HAEMATITE

FRUITS AND VEGGIES (ADHERE TO NUTRITIONAL INTAKE)

VEGETABLES: RED BELL PEPPERS, RED POTATOES, BEETS, RED
ONIONS

FRUITS: RED APPLES, RUBY RED GRAPEFRUIT RASPBERRIES,
CHERRIES, STRAWBERRIES, RED TOMATOES, WATERMELON

LEGUMES: KIDNEY BEANS

HERBS/SPICES: PAPRIKA, CAYENNE PEPPER, CINNAMON

**NOURISHING
OUR MIND BODY
AND SPIRIT
(PICK 3)**

