

AFFIRM YOUR WEEK:

A WEEKLY PLANNER FOR NOURISHING YOUR MIND, BODY, AND SOUL.

week of March 13th- March 19th

MONDAY

.I have faith in myself and know that everything will work out in the end

TUESDAY

"No matter what happens, I have the inner resources to rise above any challenge that comes my way

WEDNESDAY

I am worthy of nurturing myself and providing for my own wellbeing

THURSDAY

I am enough, just as I am

FRIDAY

I nurture myself with kindness, compassion and understanding

SATURDAY

"I make decisions that nurture my physical, mental, and spiritual health

SUNDAY

I choose to surround myself with people who support me in my journey towards self-care