

YOUR WELLBEING MATTERS

Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	June 7	June 8	June 9	June 10	June 11
Physical	Do a physical activity outside	Do 24 lunges and 10 jumping squats	Do a physical activity that makes you feel powerful	Go for a walk, run, or skip	Free Day
	June 14	June 15	June 16	June 17	June 18
Mental	Check in with your inner dialogue, choose to talk to yourself in an empowering way	Regularly take breaks from electronics throughout the day	Journal about owning your power and using it wisely	Take three mindful breaks today	Free Day
	June 21	June 22	June 23	June 24	June 25
Emotional	Notice where you are holding tension in your body and allow it to release	Practice mindful breathing for at least ten minutes	Write down and state outloud 3-5 affirmations that make you feel powerful	Visualize yourself owning your power and using it wisely	Free Day
	June 28	June 29	June 30	July 1	July 2
Social	Write someone a note of gratitude and share it with them	Check with someone you haven't talked to in awhile	Connect with someone who you feel powerful around	Laugh with someone	Free Day

Owning my power and using it wisely.



Girls Are Powerful™

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