

Happy 2024!

We wish you nothing but great health & happiness in the year ahead!

The Wellness Collective Team



Cheers to 12 months of **passion, possibility & positivity!** We hope you'll display and utilize these affirmations in your immediate workspace or home. The environment, meaning immediate surroundings, can influence thoughts and actions – so why not evoke a whole lot of **enthusiasm & optimism** all year long?

Simply make note of each month's focused theme and then intentionally write or speak the suggested phrase to yourself each day. If inspired to do so, rewrite the phrase to better support **you**. Enjoy!

JANUARY – OPPORTUNITY

I see exciting possibilities everywhere.

FEBRUARY – CONNECTION

I am an important part of many different teams.

MARCH – GROWTH

I enjoy developing myself and others.

APRIL – ENERGY

I make choices that put a pep in my step.

MAY – HOPE

I believe there is much to look forward to!

JUNE – ADVENTURE

I seek out fun new paths & journeys.

JULY – EXPLORATION

I consider what really, truly interests me.

AUGUST – CREATIVITY

I find infinite ways to create & express myself.

SEPTEMBER – WONDER

I stay curious about what I can learn.

OCTOBER – PURPOSE

I focus on what's most meaningful to me.

NOVEMBER – GRATITUDE

I share what I'm thankful for each day.

DECEMBER – COMPASSION

I trust that everyone is doing their best.

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