

Empowered Women Empower Women
Onyx+Ivy Challenge

2021

5 REMINDERS:

You are capable
You have a voice
You are valuable
You are enough
You can overcome

MONTHLY GOALS

[illegible]

1. Save this calendar on your phone or print it out and put it somewhere you will see it daily.
2. Do the daily activities, share a pic to your stories, tag us @onyx.and.ivy and use #onyxandivyempower
3. Every day you participate and use #onyxandivyempower you will be entered to win a self care gift pack.
4. Remember to have fun and check in on yourself and others mental health.

onyx+ivy

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