

Bishop Anderson House January Affirmation Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 You can still love yourself and be a work in progress	2 You deserve to take up space	3 I matter enough to me to care about and for me	4 Taking a break is healthy and normal	5 I am proud of the progress I have made	6 The secret to my success is hidden in ceasing just this moment	7 Be gentle with yourself. You're doing your best
8 I will make this my best week yet	9 Today I will take what I need	10 Everything that I need, I already have	11 I always have a choice	12 Small steps, rather than giant leaps	13 I will be in the here and now	14 I can always start again from right where I am
15 I get to decide how I show up each day	16 I will be unselfish with myself today	17 I will fall in love with who I am becoming	18 I will keep planting seeds and watering myself acknowledging I am still growing	19 Every day is a new beginning.	20 I will do it scared. JUST BREATHE	21 I will encourage myself with the same energy I encourage others
22 I am grateful for my journey	23 I am willing to be happy in the here and now	24 Inner joy is a source of goodness in my life	25 I love even my rough edges	26 Asking for help strengthens me	27 I can tolerate uncertainty	28 Setting boundaries is healthy
29 My past does not define me	30 My feelings and needs are valid	31 I am proud of how far I have come				
			Where Healthcare Meets the Human Spirit			