

Bishop Anderson House

March Affirmation Calendar

2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---------------------------------------|---|--|
| | | | 1 My flexibility will trump any failure | 2 I am confident in who I am | 3 I am grateful for life's experiences | 4 I acknowledge that I can and will take a nap in the coming week |
| 5 One thing I love about me is..... | 6 I can delegate a task or project | 7 I celebrate my strength | 8 I have seen that nothing has to go according to plan for it to work out perfectly | 9 I am secure in who I am | 10 I am thankful for all that I have | 11 I will identify a form of relaxation that can become habitual for me |
| 12 One obstacle I acknowledge I have overcome is..... | 13 I will say yes to help offered today | 14 I recognize resilience as a stop along my journey and not the goal | 15 I will give grace to myself and others for what didn't go according to plan | 16 I am in charge of how I feel | 17 I am aligned with what is best for me | 18 I will not fill up the days next weekend with a to do list |
| 19 One way that I will take better care of me is.... | 20 I will not overextend myself or over function today | 21 I will silence self-critical thoughts today | 22 I can let go | 23 I love me and approve of myself | 24 I am worthy of the best | 25 It is ok to cancel plans |
| 26 One thing that I am grateful for is.... | 27 I will value those relationships that deposit into me | 28 I will celebrate what I did accomplish this month | 29 I will trust the process | 30 I accept me for who I am | 31 I make decisions that are best for me | |
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