

Bishop Anderson House April Affirmation Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 I am not afraid to welcome new possibilities
2 Any day is a good day to add something new to my routine	3 I will focus all of my energy on the positive and release the negative	4 Good things are already happening for me even if I can't see them yet	5 I am embracing what I can control and accepting what I cannot	6 I am allowed to just BE	7 Tension is a temporary feeling preceding feelings of triumph	8 I choose health and wellness in every area of my life
9 I am blooming	10 I am excited about the new opportunities coming my way	11 I am one of many daily miracles	12 I am allowed to make myself a priority	13 I am calm and patient, strong and subtle, vulnerable and resilient	14 Today I will cultivate joy	15 My life is full with abundance and I am grateful
16 I am in charge of designing my ideal lifestyle	17 I will take moments for peace and stillness today	18 I appreciate the love and value people bring to my life	19 I am cared for	20 All things will work out for me	21 I will be intentionally present in every aspect of my day today	22 I will find the beauty in each moment
23 I am claiming victory over every situation in my life	24 Each day, I am getting one step closer to my authentic self	25 Just breathe	26 I will allow myself to feel my feelings as they come	27 I won't judge myself for being human	28 Everything will come in due time	29 I give myself permission to rest and recharge
30 Today is a reminder to practice unconditional self love						