

Bishop Anderson House May Affirmation Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 I appreciate who I am in this moment	2 My gifts were perfectly chosen for me	3 I release the need to compare	4 I see my experiences for the beauty they possess	5 I can be seen without erasing others	6 I see myself as divine and worthy
7 I persist with confidence	8 I can do anything I put my mind to	9 I am strong	10 I am love and I am loved	11 I am hopeful	12 It is ok to be vulnerable	13 I am worthy of rest
14 I trust my decisions	15 I am vibrant	16 My feelings are valid	17 I feel the joy of abundance	18 I will live, love and learn	19 I respect my own seasons	20 Breath work is soul work
21 I hold space for my own conflicting thoughts an feelings	22 I decide what success looks and feels like for me	23 Self care is never selfish	24 Boundaries are a birthright	25 I will offer myself the same grace I offer others	26 I understand my peace is internal	27 Living slowly allows me to experience life
28 I see my humanity	29 Growth is a privilege	30 My last breath was a miracle	31 I can and I will			