

# Bishop Anderson House July Affirmation Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Today is an opportunity for a fresh start
2 Baby steps add up to big changes	3 I can lean on others for support	4 I am doing what's right for me and it is OK that some people don't agree with my choices	5 My worth isn't based on other people's standards	6 My feelings are valid and I do not have to justify them	7 I will treat myself with loving kindness	8 I will limit my exposure to people who treat me poorly
9 I am choosing to think positively today	10 My mental health is a priority	11 I'm proud of how far I have come	12 I can tolerate uncertainty	13 I notice what's going well in my life and am grateful for what I have and who I am	14 I don't expect perfection from myself or anyone else. We all make mistakes	15 I will notice my emotions and be curious about what they are telling me
16 I accept that obstacles are a part of the journey	17 Today, I will breathe through the challenges and push through	18 I will embrace receiving as much as I give	19 Today I release myself in loving kindness from past mistakes	20 Today I will intentionally exercise self compassion	21 I can't control what happens to me, but I can control my response	22 I choose balance over busy
23 I am peace. I feel peace	24 I will listen deeply to my peaceful inner voice	25 I believe in who I am and appreciate who I am becoming	26 I will surrender resentment to free myself to be happy and whole	27 I embrace and accept all of my gifts	28 Today, I choose faith in myself. I've got this	29 I will seek the Divine in every experience today
30 I trust me.	31 My choice is to live fully while I am here					