

Bishop Anderson House August Affirmation Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 I am flawed but fabulous	2 I love my body	3 Perfect is boring and I don't do boring	4 With every step I take, I am closer to my goal	5 I am the only one I need to impress
6 I get to define my value	7 My intuition (spirit) is guiding me	8 I am beautiful just as I am	9 I have the power and strength to deal with whatever life throws at me	10 Today, I am creating miracles	11 I am doing it for myself	12 I will work out in celebration of my body
13 Dear me, I will make you proud	14 I chase goals and not people	15 I am a beauty and a beast	16 I stand the test of life	17 Success is a decision, my decision	18 Relationship status: in love with myself, head over heels	19 The magic is within me
20 I am more than salad and diet coke	21 I have one body. I adore it	22 I am a masterpiece and a work in progress	23 The world needs me as who I am	24 Watch me make it happen	25 My imperfection makes me perfect	26 I am stronger than my excuses and my fear
27 I feel good about myself and I don't need anyone's approval	28 I am ready	29 I nourish my body and soul with positive energy	30 I am radiating positivity	31 I can move mountains		