

Bishop Anderson House September Affirmation Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Kindness cost nothing	2 Joy is from inner value, not external
3 An open ear and heart can lead to so much	4 I am a grateful for the live I've impacted	5 Today going to be a good day towards me	6 I am here to learn first, response after	7 Accountability is about grace and value	8 Choose grace even in the mist of chaos	9 Letting go allows space for new growth
10 Friendships can be formed in most unexpected of avenues	11 Slow living is just as important	12 Celebrate the small wins and in between	13 Say thank you to yourself often	14 You are someone's reason to smile	15 Stop to feel it all than exhale it	16 Let yourself fall then try again
17 Nothing is too silly if it matters to you	18 You are allowed alone time	19 Count the good days	20 Offer a hand to someone in need, in a small manner	21 Give praise to the process	22 Trust your gut and follow your heart	23 Take a chance on something new today
24 Think of the full picture not just one color	25 Let your dreams manifest in whichever manner they may flow	26 Write a letter of appreciation to you or someone you know	27 Get out and be part of nature for a bit	28 Remember to rest when needed	29 Share a song with someone	30 Allow yourself to enjoy the quiet