

Bishop Anderson House October Affirmation Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Try out a new hobby	2 Spend time to declutter	3 Smile at a stranger	4 Hug someone you care about	5 Offer a hand to help someone with a task	6 Take a walk in a new area	7 Call up a friend and catch up
8 Check one thing off your to do list	9 Watch a funny video	10 Sign up for a free class	11 Make a meal at home	12 Watch a new movie or tv show	13 Volunteer at a shelter	14 Read one chapter of a story
15 Spend a day doing nothing	16 Have a night in with friends	17 Donate to a cause you care about	18 Visit your local library	19 Write a letter of gratitude to yourself	20 Pick a new language to learn	21 Cuddle with a loved one
22 Check out a new artist you don't listen to often	23 Allow yourself to sleep in	24 Enjoy a treat you've been craving	25 Give up your seat to someone in need	26 Speak up if you need help	27 Take it one day at a time	28 Celebrate the WINS!
29 Do a clothing swap	30 Call someone you haven't spoken to in a while	31 Declutter a space to relax				