

Bishop Anderson House November Affirmation Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Smile at yourself In the mirror	2 Say thank you to someone new today	3 Allow yourself to say no	4 Check out local community centers
5 Become pen pals with someone new	6 Read a genre outside of your typical interest	7 Allow yourself to sleep in	8 Write down four things to be thankful for	9 Tell a friend something you admire about them	10 Play with a pet you adore	11 Read an article from a local newspaper
12 Breathe in and congratulate yourself for existing	13 Show off one of your skills to someone interested in it	14 Swap out one quick meal for a homemade one	15 Listen to an album with someone else	16 Learn a new skill through YouTube	17 Host a potluck with friends and/or family	18 Sing along to a song you enjoy
19 Bake a treat you enjoyed as a child	20 Visit your library for a community forum	21 Spend the afternoon with a new friend	22 Try out a fun dance routine	23 Journal for an hour	24 Unplug from social media for a day	25 Play a video or card game
26 Plan out your week	27 Stretch your muscles	28 Practice active listening to someone	29 Clear out your email	30 Go to bed early		