

Bishop Anderson House December Affirmation Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Take a photo of yourself	2 Inhale new opportunities, exhale any doubts
3 Make a playlist with friends	4 Call someone from back home	5 Allow yourself to have a good cry session	6 Visit an animal shelter, play with the furry ones	7 Re-read a favorite book from childhood	8 Write to a stranger	9 Give yourself praise twice a day
10 Write a list of things to look forward to	11 Attend an open mic	12 Do a DIY project solo or in a group	13 Sing badly just for fun	14 Attempt to write a short story	15 Attend a bond fire pit solo or in a group	16 Write a postcard to someone
17 Visit a new local coffee shop	18 Keep yourself hydrated today	19 Give your body a rest	20 Host a potluck with friends	21 Donate unwanted clothes to a local shelter or org	22 Declutter your work space	23 Read a book from the local library
24 Create a bingo board for your 2024 goals	25 Treat yourself to a nice snack	26 Research a topic of interest	27 Clean one part of your living area	28 Write down five hopes for 2024	29 Roast some smores	30 Listen to a podcast
31 Welcome in the new year with new chances						