

# Bishop Anderson House January Affirmation Calendar

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Happy new years	<b>2</b> congratulate yourself for making it to a new year	<b>3</b> what was the last piece of media you consumed? why did you like it?	<b>4</b> declutter your photo album to make room for new memories	<b>5</b> what is a song that always makes you smile? who or what introduced you to it?	<b>6</b> take a chance on something that brings internal happiness
<b>7</b> pay for the convenience of something to make your week a little less stressful	<b>8</b> who brought a smile to your face the past year?	<b>9</b> what was the last thing that really made you laugh hard?	<b>10</b> respect yourself enough to adjust boundaries as needed	<b>11</b> what is one thing you are proud you let go of ?	<b>12</b> Write a letter of traits you admire about yourself	<b>13</b> What is a fear you want to try and conquer this year?
<b>14</b> My inner peace reflects outwardly, bringing harmony to the lives I touch	<b>15</b> I am a beacon of light, illuminating the path for those in spiritual darkness	<b>16</b> My compassion knows no bounds, offering solace to all who cross my path	<b>17</b> I embrace diversity and celebrate the uniqueness of every individual's spiritual	<b>18</b> My spirit is resilient, offering strength and support to those facing challenges	<b>19</b> I am open to receiving divine guidance and wisdom, allowing it to flow through me	<b>20</b> My actions are aligned with my spiritual beliefs, creating a ripple effect of
<b>21</b> I am a source of inspiration, igniting the flame of hope in others' hearts	<b>22</b> I trust in the power of love to heal, comfort, and transform lives	<b>23</b> My dedication to spiritual growth empowers me to serve others with compassion	<b>24</b> I radiate warmth and understanding, nurturing the souls of those in my care	<b>25</b> I embrace moments of stillness to connect deeply with my spiritual essence	<b>26</b> I am guided by divine love in all my interactions, fostering harmony and peace	<b>27</b> I embody grace and patience, allowing others to unfold in their own spiritual journey
<b>28</b> My words carry healing vibrations, soothing and uplifting those in need	<b>29</b> I am a source of strength and serenity, providing a safe space for spiritual	<b>30</b> I am surrounded by divine light, protecting and guiding me on my path.	<b>31</b> My presence brings a sense of tranquility and hope to those around me			