

# Bishop Anderson House May Affirmation Calendar

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>I recognize Mental Health Awareness Month as an opportunity to promote healing and wellness in body, mind, and spirit.</p>	<p>2</p> <p>"I am privileged to be a source of strength during challenging moments."</p>	<p>3</p> <p>"I am thankful for the trust others place in me during their times of adversity."</p>	<p>4</p> <p>"I am honored to walk alongside others on their journey to healing."</p>
<p>5</p> <p>I affirm my commitment to self-care and spiritual renewal,</p>	<p>6</p> <p>During Nurses Week, I celebrate the invaluable contributions of nurses around the world.</p>	<p>7</p> <p>My actions are rooted in kindness and generosity and reflect grace and mercy.</p>	<p>8</p> <p>I release worries and fears.</p>	<p>9</p> <p>I affirm the resilience and courage of those who have overcome adversity.</p>	<p>10</p> <p>I am a beacon of light and hope.</p>	<p>11</p> <p>I affirm my belief in the inherent dignity and worth of every individual.</p>
<p>12</p> <p>I honor mothers everywhere.</p>	<p>13</p> <p>I affirm my solidarity and support for Muslim patients and colleagues.</p>	<p>14</p> <p>Today, I affirm my worth and value as a caregiver.</p>	<p>15</p> <p>I extend forgiveness and grace to myself and others.</p>	<p>16</p> <p>I embrace opportunities for growth and learning,</p>	<p>17</p> <p>I cultivate gratitude and find joy in the simple moments.</p>	<p>18</p> <p>I nurture a spirit of peace and reconciliation.</p>
<p>19</p> <p>I recognize that nurturing my own well-being enables me to better serve and support others.</p>	<p>20</p> <p>I affirm my commitment to advocate for the dignity of my care receivers</p>	<p>21</p> <p>I affirm the beauty and richness of diversity in all its forms.</p>	<p>22</p> <p>I affirm my commitment to stewardship of God's creation.</p>	<p>23</p> <p>I affirm my solidarity and support for Jewish patients and colleagues.</p>	<p>24</p> <p>I find solace in the beauty of creation</p>	<p>25</p> <p>I will nurture holistic well being for myself and my care receivers</p>
<p>26</p> <p>I seek moments of joy and laughter.</p>	<p>27</p> <p>I honor the interconnectedness of body, mind, and spirit.</p>	<p>28</p> <p>I affirm my resilience and strength.</p>	<p>29</p> <p>I will trust the process.</p>	<p>30</p> <p>I honor the sacrifices of those who have served and given their lives in defense of freedom and justice,</p>	<p>31</p> <p>I will be in the moment today.</p>	