

Bishop Anderson House August Affirmation Calendar

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Empathy is a quality of character that can change the world.	2 I am open to understanding others' experiences without judgment.	3 Take a mindful walk in nature to center yourself.
4 Reflect on a challenging interaction and consider the other person's perspective.	5 Listen to the podcast "On Being" with Krista Tippett for spiritual discussions.	6 Practice a loving-kindness meditation for 10 minutes.	7 I cultivate patience and compassion in all my interactions.	8 I honor the unique spiritual journey of each individual I encounter.	9 Empathy is about finding echoes of another person in yourself.	10 Journal about a time when you felt deeply understood by someone else.
11 Practice mirroring body language to enhance connection during conversations.	12 I create a safe space for others to express their authentic selves.	13 Practice naming emotions in yourself and others to enhance emotional intelligence.	14 I listen not just with my ears, but with my heart and soul.	15 Empathy is the starting point for creating a community and taking action	16 I am grounded in my own spiritual practice, allowing me to be fully present for others.	17 Engage in a creative activity that brings you joy.
18 Spend time in quiet reflection or contemplation.	19 Practice reframing situations from different perspectives.	20 I trust in the healing power of compassionate presence.	21 Engage in a physical activity that helps you feel grounded and energized.	22 Practice deep breathing exercises before challenging interactions.	23 Study different cultural approaches to empathy and caregiving.	24 Create a gratitude list focused on your spiritual gifts and growth.
25 The seeds of empathy are planted in the soil of our own vulnerability	26 I am infinitely patient with the spiritual journeys of others.	27 Engage in a ritual or practice that renews your sense of purpose.	28 I am a compassionate witness to the joys and sorrows of those I serve.	29 Set healthy boundaries to maintain your emotional well-being.	30 I approach each day with renewed compassion and empathy.	31 Study the concept of "exquisite empathy" in trauma-informed care.