



2019

CALENDAR OF  
AFFIRMATIONS



01

JANUARY

EVERYDAY IS A NEW BEGINNING.

EVERY DAY, I CAN HIT RESET

AND WIPE MY SLATE CLEAN.

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1  
NEW YEAR 2019



02

FEBRUARY

THE BEST RELATIONSHIP I CAN  
HAVE IS THE RELATIONSHIP  
WITH MYSELF.

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

<sup>5</sup>  
LUNAR NEW YEAR



03

MARCH

TODAY I WILL DO ONE THING  
THAT MAKES MY HEART SING

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

7  
NYEP! (SILENT) DAY



04  
APRIL

I LET GO OF ALL THE THINGS  
THAT ARE NO LONGER SERVING  
ME.

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

3  
ISRA MI'RAJ

19  
GOOD FRIDAY



05  
MAY

THE SEEDS I PLANT, WATER, AND  
NURTURE ARE THE ONES THAT  
WILL GROW. I CHOOSE THE SEEDS  
OF KINDNESS.

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1  
LABOR DAY

19  
VESAK DAY

30  
ASCENCION DAY



# 06 JUNE

I BLOOM INTO WHO I AM,  
LOVINGLY AND  
UNAPOLOGETICALLY.

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

1  
PANCASILA DAY

5-6  
EID AL-FITH



07  
JULY

BEFORE MAKING A DECISION, I  
WILL ASK MYSELF: "WHAT WOULD  
I DO IF I AM NOT AFRAID?"

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





08

AUGUST

I TAKE THE TIME TO BREATHE.

I GIVE MYSELF THE TIME TO  
HEAL.

M T W T F S S

1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

11  
EID AL-ADHA

17  
INDEPENDENCE DAY



09

SEPTEMBER

I AM WHO I BELIEVE I AM.  
I AM ENOUGH. I AM LOVE(D).  
I AM AMAZING.

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

1  
ISLAMIC NEW YEAR



10

OCTOBER

THE WAY I DO ANYTHING IS THE  
WAY I DO EVERYTHING. I AM  
BEING MINDFUL EVERY DAY.

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



# 11 NOVEMBER

THERE IS NO FAILURE. ONLY A  
DETOUR TO GET ME BACK ON MY  
RIGHTFUL PATH.

M T W T F S S

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

9  
MILAD UN NABI



12

DECEMBER

EVERY DAY, I AM GETTING ONE  
STEP CLOSER TO BE THE PERSON  
I'VE ALWAYS WANTED TO BECOME.

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

25  
CHRISTMAS