

# CALENDAR CHALLENGE

# JUNE

# AFFIRMATIONS

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>June Affirmations for healing and growth on your journey with grit, gratitude and goal-setting.</b>	<b>1</b> GRIT <b>I trust myself.</b>	<b>2</b> GRATITUDE <b>I am grateful for my existence.</b>	<b>3</b> GOAL-SETTING <b>I create my reality.</b>	<b>4</b> GRIT <b>I am powerful beyond measure.</b>	<b>5</b> GRATITUDE <b>I am alive.</b>	<b>6</b> GOAL-SETTING <b>I invest in my dreams.</b>
<b>7</b> GRIT <b>I accept that I am learning and growing.</b>	<b>8</b> GRATITUDE <b>I exemplify active faith.</b>	<b>9</b> GOAL-SETTING <b>I am fulfilling my desires.</b>	<b>10</b> GRIT <b>I am in control of my thoughts and actions.</b>	<b>11</b> GRATITUDE <b>I am seated on the throne of discovery.</b>	<b>12</b> GOAL-SETTING <b>I am consistent in my actions towards my goals.</b>	<b>13</b> GRIT <b>I am disciplined in my decision making.</b>
<b>14</b> GRATITUDE <b>I am a vessel of life and light.</b>	<b>15</b> GOAL-SETTING <b>I am energized and organized.</b>	<b>16</b> GRIT <b>I am a doer.</b>	<b>17</b> GRATITUDE <b>I am available for myself at all times.</b>	<b>18</b> GOAL-SETTING <b>I am committed to a life of self-improvement.</b>	<b>19</b> GRIT <b>I lead my life with integrity.</b>	<b>20</b> GRATITUDE <b>I am giving, because I am grateful.</b>
<b>21</b> GOAL-SETTING <b>I live my life on purpose.</b>	<b>22</b> GRIT <b>I choose my vibrations deliberately.</b>	<b>23</b> GRATITUDE <b>I nurture my spiritual journey.</b>	<b>24</b> GOAL-SETTING <b>I gain power, when I pivot.</b>	<b>25</b> GRIT <b>I am a problem solver.</b>	<b>26</b> GRATITUDE <b>I love and appreciate myself as I am.</b>	<b>27</b> GOAL-SETTING <b>I know when to act, I know when to wait.</b>
<b>28</b> GRIT <b>I am ready to receive the gifts of life.</b>	<b>29</b> GRATITUDE <b>I accept myself completely.</b>	<b>30</b> GOAL-SETTING <b>I am being prepared.</b>	<b>2020 is the year of GRIT, GRATITUDE &amp; GOAL-SETTING! One day of positive action towards improving your health is great, but real transformation comes from consistency and developing healthy habits. This month of JUNE 2020 is about affirming yourself. With everything going on in the world, we must take our healing and growth into our own hands. Everyday this month, recite positive affirmations throughout your day to add security and strength to your life. Get your family, friends, and co-workers involved and share on Facebook, Twitter &amp; Instagram with the #sarahnsays.</b>			