

# July

2025

## Affirmation Calendar



Thank you for using this calendar as part of your healing journey.  
If you enjoyed these affirmations, explore more at [artbyalisamarie.com](https://artbyalisamarie.com) or connect in the Healing Through Colors group on Facebook., With love and gratitude Alisa Marie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 I return to stillness and remember: peace is my natural state.	2 I am alive, grounded, and fully here. My energy is sacred.	3 I honor my voice and let joy move freely through me.	4 My thoughts are golden. I shine from the inside out.	5 I trust in my body's wisdom and the rhythm of my growth.
6 I breathe in light and open to new possibilities.	7 My mind is clear. I rest in the presence of what is.	8 I am guided from within. My awareness is expansive and deep.	9 I release and rise. I am connected to something greater.	10 I am gentle with myself. I choose love in this moment.	11 I am held by light and led by purpose.	12 I pause, reflect, and allow grace to move through me.
13 I soften into my feelings. I am safe to feel and heal.	14 I let life be gentle today. I receive with ease	15 Each breath is a beginning. I welcome harmony now.	16 I am allowed to be a both a masterpiece and a work in progress.	17 I speak gently and live boldly, in full bloom.	18 My thoughts can settle. I am safe to rest and restore.	19 I grow in every season. My heart is rooted in purpose.
20 I see the bigger picture. I stand steady in my truth.	21 I rise above the noise. My presence is light and clear.	22 I move through life with thoughtful awareness and trust.	23 I align with what lights me up. My soul knows the way.	24 My journey is sacred. Every step has meaning.	25 I allow myself the grace of pause. Space brings clarity.	26 I receive without resistance. I am open to blessings.
27 I trust the quiet strength within me. I am never lost.	28 I feel the spark of life awakening in me.	29 I allow joy to be simple. Hope lives in small moments.	30 I honor my emotions. There is beauty in the unknown.	31 I build my life with love and purpose. I am steady and strong.		