



January

2025

ANGER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 I am calm and in control.	2 I choose peace over anger.	3 I release anger and embrace tranquility.	4 I am patient and understanding
5 I am in control of my emotions.	6 I choose to let go of anger.	7 I focus on positive solutions.	8 I am grateful for my calm and composed mind.	9 I let go of negative thoughts and feelings.	10 I embrace forgiveness and understanding.	11 I am in control of my reactions.
12 I am surrounded by calming energy.	13 I choose to focus on the good in every situation.	14 I am patient with myself and others.	15 I forgive myself and others.	16 I choose to react calmly and rationally.	17 I release all resentment and embrace peace.	18 I choose to be calm and collected.
19 I am in control of my temper.	20 I am surrounded by love and support.	21 I choose to stay calm in all situations.	22 I am patient and forgiving.	23 I focus on peaceful solutions.	24 I choose to be kind and patient.	25 I am in control of my feelings.
26 I choose to be a source of peace.	27 I am surrounded by positive energy.	28 I choose to see the good in every situation.	29 I am centered and grounded.	30 I matter.	31 I find peaceful solutions to my problems.	
						

Anger is a powerful emotion that arises when we feel wronged or frustrated. When we are angry, we might feel our heart race, our muscles tense, and our face flush. It's like when someone cuts in front of us in line or when we are blamed for something we didn't do. Anger can push us to speak up or take action, but it can also lead to regrettable words or actions if not controlled. It's important to acknowledge our anger and understand its source. By managing anger constructively, we can use its energy to make positive changes and stand up for ourselves without causing harm.