

# DAILY AFFIRMATION JOURNAL

*Use these daily affirmation and journal prompts to explore the positive changes of recovery.*

I am worthy of joy and peace. How can you invite more happiness this week?

I am growing stronger in my recovery moment by moment. Name a small victory that made you feel empowered recently.

I honor my progress, no matter how small. What can you celebrate today?

I'm proud of the steps I take to care for my mental health. How have you prioritized your mental well-being this week?



**CHANGES**

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[changeshealingcenter.com](https://changeshealingcenter.com) | 602.691.7244