

# DAILY AFFIRMATION JOURNAL

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

I am my own best friend. Write about how you can increase your commitment to self-love.

I forgive myself and choose to move forward. Write about an incident you'll never forget but are ready to forgive.

I trust myself to make good self-care decisions. How have improvements in self-care made your life better?

My life has purpose; the world needs me. Describe a time your presence benefitted a loved one.



**CHANGES**

— HEALING CENTER —

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