

# DAILY AFFIRMATION JOURNAL

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

I create time for what's important and manage it wisely. Describe a habit that's helped you use your time well.

I have the perfect tool to manage stress. Explain your favorite stress reliever.

There's no impossible task when I believe in myself. List 5 accomplishments that once felt impossible.

I reap the benefits of gratitude and joy in recovery. List 5 reasons you're grateful.



**CHANGES**

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