

RECOVERY
TRUMPS
ADDICTION

SING
OUT LOUD
EVERY
CHANCE
YOU GET

MATURITY
IS
ACCEPTING
LIFE
WITHOUT
COMPLAINING

THE
TRUTH
IS
SUBJECT
TO
INTERPRETATION

WE
ARE ONLY
AS SICK
AS OUR
SECRETS

MY
HEART
IS OPEN
TO JOY

GOOD
THINGS
ARE
COMING
MY
WAY

BE OPEN TO
WHATEVER
COMES
NEXT.

I PRACTICE
DELIBERATE
CREATION

SEEK TO
BECOME
OPEN
HONEST
AND
WILLING

BREATHE
BREATHE
BREATHE
OUT
REPEAT

START
BY
LISTENING
TO
YOUR
SPIRIT

THE FACT
THAT
I AM STILL
HERE
IS A
MIRACLE

SHARE
YOUR
EXPERIENCE
STRENGTH
AND HOPE

SHOW
YOURSELF
COMPASSION

EXPAND
YOUR
ENERGY
WITH
LOVE

BE KIND
SHOW
RESPECT
KEEP AN
OPEN MIND

ONE ACT
OF
KINDNESS
CAN
CHANGE
THE WORLD

FEAR OF
CHANGE
IS OFTEN
SCARIER
THAN THE
CHANGE

WHAT YOU
THINK
OFTEN
DETERMINES
HOW YOU
FEEL