

I REMAIN COMMITTED TO MY SOBRIETY

I am powerful and authentic. I honor my decision to stay sober. I accept myself as I am. I recognize my strengths and vulnerabilities. I forgive myself for past mistakes and cherish the lessons they taught me. I use my experiences to guide my future.

I define success by my commitment to sobriety. I live aligned with my values, not swayed by external pressures. I set goals that support my sobriety and personal growth. I continue to learn and grow in my journey.

I take responsibility for my choices. My sobriety shapes the quality of my life. I find purpose in my sobriety. I prioritize my well-being. I create reminders to support my commitment. I explore activities that align with my sober lifestyle.

I give back to those in recovery, connect with others who support my journey, build confidence in my decision to stay sober, believe in my strength and resilience, confront triggers and temptations, and celebrate my sober milestones.

I use positive self-talk to reinforce my commitment. I nurture relationships that uplift and support my sobriety. I focus on what I can control. I maintain a hopeful outlook. I remain composed in challenging situations.

I welcome change as an opportunity for growth. I take proactive steps, invest in activities that reinforce my sobriety, eliminate temptations and distractions, and approach challenges with a clear mind.

I am proactive in my recovery.

I apply the tools and strategies I've learned. I transform my commitment into daily actions. Today, I continue my sober journey. I am on the path to a healthier and more fulfilling life. I am in control of my choices.

REFLECTION QUESTIONS

1

How do I define my sobriety journey?

2

What strengths support my commitment to staying sober?

3

What can I do today to reinforce my sobriety?