

Recovery Reset

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#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



Welcome to "Recovery Reset 365"

Your daily guide to a fulfilling recovery journey.



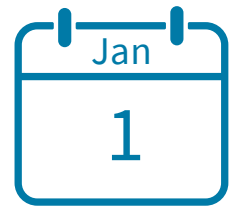
At Shawn Rumble Recovery Services, #YourJourney, #YourStory, #YourRecovery are more than hashtags – they're our heartfelt mission. Each day of this book offers a new insight to inspire, strengthen, and support you on your path to healing and growth.

Embrace each page as a step towards rediscovering your resilience and celebrating your progress. This book isn't just about reading; it's about transforming your recovery into a journey of hope and empowerment.

Let's make each day count towards a brighter, healthier you. Here's to your journey of recovery and self-discovery!

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I am open to change and growth in my journey.

Your Daily Boost:

A new year brings new opportunities for change and growth. Embrace them as you continue on your journey.

Action Step:

Write down one change you want to make this year and the first step you'll take to achieve it.

Thought Starter:

What changes are you most looking forward to this year?

Final Pep Talk:

A new year is a new chapter. Fill it with growth and positive change.

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I am worthy of a life without problematic behavior.

Your Daily Boost:

You are more than your past actions or current struggles. You are worthy of a fulfilling life that aligns with your true self.

Action Step:

Identify one problematic behavior you want to change. Write down a plan for how you'll address it, starting today.

Thought Starter:

How will eliminating problematic behaviors improve your quality of life?

Final Pep Talk:

You have the power to shape your life. Start by shaping your behaviors, and the rest will follow.

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I choose to focus on my strengths and build upon them.

Your Daily Boost:

Your strengths are your foundation. Build upon them and you'll construct a life that's fulfilling and meaningful.

Action Step:

List three of your strengths and think of one way you can utilize each today.

Thought Starter:

How do your strengths contribute to your recovery and overall well-being?

Final Pep Talk:

Your strengths are your building blocks. Use them to construct a life you're proud of.

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I am proud of my commitment to my recovery and my future.

Your Daily Boost:

Commitment is the glue that holds your journey together. Be proud of your dedication to both your recovery and your future.

Action Step:

Write down three achievements in your recovery journey that you're proud of. Reflect on them whenever you need a boost.

Thought Starter:

How has your commitment to recovery evolved over time?

Final Pep Talk:

Your commitment is your compass, guiding you toward a fulfilling life. Stay the course.

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I am capable of making positive choices for my life.

Your Daily Boost:

Every choice you make is a step in your journey. Make positive choices and you'll create a positive path.

Action Step:

Identify one positive choice you can make today that will benefit your well-being. Act on it.

Thought Starter:

What recent positive choice are you most proud of?

Final Pep Talk:

Your life is the sum of your choices. Make them positive, make them count.

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I am thankful for the lessons I have learned and the person I am becoming.

Your Daily Boost:

Life's lessons shape you into the person you're meant to be. Be thankful for them, as they're the stepping stones to your future self.

Action Step:

Reflect on a valuable lesson you've learned recently. Share it with someone you trust.

Thought Starter:

What lesson has had the most impact on your personal growth?

Final Pep Talk:

Every lesson is a brushstroke in the masterpiece that is you. Be thankful for each one.

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I am deserving of a life filled with hope and optimism.

Your Daily Boost:

Hope and optimism aren't just states of mind; they're your right. Claim them and let them light up your life

Action Step:

Write down three things that give you hope and optimism. Reflect on them throughout the day.

Thought Starter:

How does maintaining a hopeful and optimistic outlook benefit your well-being?

Final Pep Talk:

Hope and optimism are your guiding stars. Let them lead you to a brighter future.

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I am focused on living in the present and embracing each day.

Your Daily Boost:

The present moment is all you truly have. Embrace it fully and you'll find joy in the simplest things.

Action Step:

Practice a 5-minute mindfulness exercise today to help you focus on the present moment.

Thought Starter:

How does living in the present enrich your daily life?

Final Pep Talk:

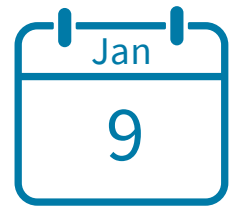
The present is a gift. Unwrap it with joy and gratitude.

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I am determined to stay committed to my recovery and maintain my sobriety.

Your Daily Boost:

Your determination is your anchor, keeping you grounded in your commitment to recovery and sobriety.

Action Step:

Identify one trigger that challenges your sobriety and come up with a strategy to cope with it.

Thought Starter:

How does your determination to stay sober influence your daily choices?

Final Pep Talk:

Your determination is your shield and your sword. Use it to protect your sobriety and carve out a positive life.

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I am grateful for the love and care of those around me.

Your Daily Boost:

Love and care are the pillars that hold you up. Today, take a moment to appreciate these invaluable gifts.

Action Step:

Reach out to three people who have been pillars of support in your life. Express your gratitude.

Thought Starter:

How does the love and care of others enrich your life?

Final Pep Talk:

Gratitude is the heart's memory. Keep it alive by acknowledging the love and care you receive.

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I am open to new opportunities for growth and self-discovery.

Your Daily Boost:

Being open to new experiences is like opening windows in a well-ventilated room. It refreshes your journey and brings in new perspectives.

Action Step:

Do something out of your comfort zone today. It could be as simple as trying a new food or taking a different route on your walk.

Thought Starter:

What new opportunity or experience are you most excited about?

Final Pep Talk:

Openness is the key to growth. Unlock new opportunities and watch your journey flourish.

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I am worthy of a life full of peace and happiness.

Your Daily Boost:

You deserve every bit of peace and happiness that comes your way. Don't settle for less.

Action Step:

List three things that make you happy and spend a few moments today enjoying them.

Thought Starter:

How does acknowledging your worthiness for peace and happiness affect your state of mind?

Final Pep Talk:

You are a magnet for peace and happiness. Attract them by knowing your worth.

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I choose to let go of self-doubt and embrace self-confidence.

Your Daily Boost:

Self-doubt is the enemy of progress. Kick it to the curb and let self-confidence take the wheel.

Action Step:

Identify one area where self-doubt holds you back. Challenge it by taking one confident action today.

Thought Starter:

How does embracing self-confidence change your outlook?

Final Pep Talk:

Confidence is your ticket to a life of unlimited possibilities. Punch that ticket and take the ride.

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I am proud of my courage to seek help and start my recovery journey.

Your Daily Boost:

Courage is the first step in any journey, especially one as important as recovery. Be proud of taking that step.

Action Step:

Share your story of courage with someone you trust. It could inspire them and reinforce your own commitment.

Thought Starter:

How did taking the courageous step to seek help change your life?

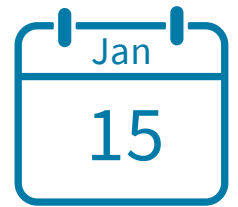
Final Pep Talk:

Courage is your launching pad. Be proud of it and let it propel you forward.

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I am capable of managing my stress and emotions.

Your Daily Boost:

Managing stress and emotions is like steering a ship through a storm. Your capability is your compass.

Action Step:

Practice a stress-reducing technique today, such as deep breathing or a short meditation.

Thought Starter:

How has better stress and emotional management improved your life?

Final Pep Talk:

You are the captain of your emotional ship. Steer it towards calm waters.

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I am thankful for the progress I have made and the person I am becoming.

Your Daily Boost:

Progress is a journey, not a destination. Celebrate each step you take toward becoming your best self.

Action Step:

List three achievements or improvements you've made recently. Take a moment to feel grateful for them.

Thought Starter:

What recent progress are you most thankful for?

Final Pep Talk:

Gratitude for your progress fuels further growth. Keep going, you're on the right track.

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I am deserving of a life filled with joy and fulfillment.

Your Daily Boost:

You are worthy of all the joy and fulfillment life has to offer. Don't settle for less.

Action Step:

Identify one thing that brings you joy and fulfillment. Make time for it today.

Thought Starter:

How does believing you deserve joy and fulfillment influence your choices?

Final Pep Talk:

Joy and fulfillment are not just feelings; they're your birthright. Claim them.

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I am focused on improving my relationships and building positive connections.

Your Daily Boost:

Relationships are the threads that weave the fabric of your life. Make them strong, make them positive.

Action Step:

Reach out to a friend or family member you haven't spoken to in a while. Reconnect and strengthen your bond.

Thought Starter:

What relationship are you currently focused on improving?

Final Pep Talk:

Positive connections enrich your life. Invest in them and reap the rewards.

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I am determined to lead a fulfilling life in recovery.

Your Daily Boost:

Your determination is your roadmap to a fulfilling life. Follow it diligently.

Action Step:

Write down one goal that will make your life more fulfilling. Take the first step towards achieving it today.

Thought Starter:

What does a fulfilling life in recovery look like to you?

Final Pep Talk:

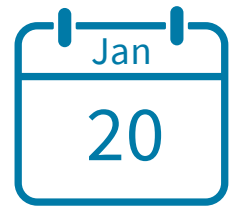
Your determination is your engine, driving you towards a fulfilling life. Keep it running strong.

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I am grateful for the positive experiences and memories in my life.

Your Daily Boost:

Positive experiences and memories are your life's treasures. Be grateful for them; they make you rich in the ways that matter.

Action Step:

Reflect on a positive memory that always brings a smile to your face. Share it with someone you love.

Thought Starter:

Which positive experience has had a lasting impact on you?

Final Pep Talk:

Your positive experiences are your life's highlights. Revisit them often and keep adding to the reel.

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I am open to learning and growing from my experiences.

Your Daily Boost:

Every experience, good or bad, is a lesson in disguise. Embrace them with an open mind and grow.

Action Step:

Reflect on a recent experience that taught you something valuable. Share this lesson with someone you trust.

Thought Starter:

What recent experience are you most thankful for, and what did it teach you?

Final Pep Talk:

Life is the best teacher, and you're an excellent student. Keep learning and growing.

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I am worthy of a life filled with love and positivity.

Your Daily Boost:

You deserve all the love and positivity the world has to offer. Claim it by making room for it in your life.

Action Step:

List three things that bring love and positivity into your life. Make time to enjoy them today.

Thought Starter:

How does acknowledging your worthiness for love and positivity affect your state of mind?

Final Pep Talk:

You are a magnet for love and positivity. Attract them by knowing your worth.

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I choose to focus on my abilities and skills, not my limitations.

Your Daily Boost:

Your abilities and skills are your superpowers. Use them to soar above any limitations.

Action Step:

List three of your skills or abilities that you're proud of. Use one of them in a meaningful way today.

Thought Starter:

How do focusing on your abilities and skills empower you?

Final Pep Talk:

Your abilities are your wings, and your skills are your wind. Fly high.

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I am proud of my journey and the progress I have made.

Your Daily Boost:

Your journey is your own unique story, and every chapter you write is a testament to your progress.

Action Step:

Reflect on a milestone you've recently reached in your journey. Celebrate it, even if it's in a small way.

Thought Starter:

What part of your journey makes you the proudest?

Final Pep Talk:

Setbacks are just setups for comebacks. You've got this.

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I am capable of overcoming setbacks and challenges.

Your Daily Boost:

Setbacks are not roadblocks; they're merely detours on your path. Your capability turns them into stepping stones.

Action Step:

Setbacks are not roadblocks; they're merely detours on your path. Your capability turns them into stepping stones.

Thought Starter:

What recent challenge have you turned into an opportunity?

Final Pep Talk:

Your journey is your masterpiece. Be proud of each brushstroke.

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I am thankful for the support and encouragement of those around me.

Your Daily Boost:

Support and encouragement are the wind beneath your wings. Be thankful for those who provide it.

Action Step:

Send a thank-you message to at least three people who have been supportive. Let them know how much they mean to you.

Thought Starter:

How has the support of others been instrumental in your journey?

Final Pep Talk:

Gratitude amplifies goodness. Be thankful for your support system and watch it grow.

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I am deserving of a life filled with success and happiness.

Your Daily Boost:

You are worthy of all the success and happiness life has to offer. Claim it by believing in yourself.

Action Step:

List three small successes you've had recently and celebrate them.

Thought Starter:

How does believing you deserve success and happiness influence your actions?

Final Pep Talk:

Success and happiness are your birthright. Own them.

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I am focused on maintaining a healthy lifestyle in my recovery.

Your Daily Boost:

A healthy lifestyle is the soil in which the flower of recovery blooms. Nurture it.

Action Step:

Choose one healthy habit you want to incorporate into your routine. Start today.

Thought Starter:

How does maintaining a healthy lifestyle support your recovery?

Final Pep Talk:

Health is wealth, especially in recovery. Invest in it.

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I am determined to reach my goals and live my best life.

Your Daily Boost:

Your goals are the stars you navigate by. Your determination is the wind that gets you there.

Action Step:

Write down one short-term goal and the steps you'll take to achieve it.

Thought Starter:

What goal are you currently most determined to achieve?

Final Pep Talk:

Your goals are your destination, and your determination is your fuel. Keep going.

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I am grateful for the moments of peace and tranquility in my life.

Your Daily Boost:

Moments of peace and tranquility are your life's quiet blessings. Cherish them.

Action Step:

Spend 5 minutes today in a peaceful setting, doing absolutely nothing but enjoying the tranquility.

Thought Starter:

What recent moment of peace and tranquility are you most grateful for?

Final Pep Talk:

Peace and tranquility are the whispers of your soul. Listen closely.

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I am open to self-reflection and introspection.

Your Daily Boost:

Self-reflection and introspection are the mirrors that help you see your inner self. Look deeply.

Action Step:

Take 10 minutes today for a self-reflection exercise. Write down what you discover.

Thought Starter:

What has self-reflection recently revealed to you?

Final Pep Talk:

The journey inward is the most important journey of all. Be open to it.

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I am worthy of a life filled with meaning and purpose.

Your Daily Boost:

You are not just drifting through life; you are on a meaningful journey. Acknowledge your worthiness to live a life filled with purpose

Action Step:

Write down one purpose-driven goal you want to achieve this month and outline the first steps to reach it.

Thought Starter:

What gives your life meaning and purpose?

Final Pep Talk:

Your life has a purpose, and you are worthy of fulfilling it. Go out and make it happen.

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I choose to focus on the positive and let go of negative thoughts.

Your Daily Boost:

Positivity is a choice. Make it your default setting and watch how it transforms your life.

Action Step:

Identify a recurring negative thought and replace it with a positive affirmation.

Thought Starter:

How has focusing on the positive impacted your well-being?

Final Pep Talk:

Positivity is your lens to a brighter world. Keep it clean and clear.

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I am proud of my resilience and strength in my journey.

Your Daily Boost:

Your resilience and strength are your armor and shield. Wear them proudly as you navigate your journey.

Action Step:

Reflect on a recent challenge you've overcome. Acknowledge the strength and resilience it took to do so.

Thought Starter:

What recent experience has made you feel particularly resilient?

Final Pep Talk:

Your resilience is your bounce-back ability, and your strength is your staying power. Be proud of both.

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I am capable of overcoming obstacles and achieving success.

Your Daily Boost:

Obstacles are not stop signs; they're merely speed bumps on your road to success. You have the capability to overcome them.

Action Step:

List one obstacle you're currently facing and brainstorm ways to overcome it.

Thought Starter:

What recent obstacle have you successfully overcome?

Final Pep Talk:

Obstacles are just tests of your capability. Pass them with flying colors.

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I am thankful for the opportunity to live a life in recovery.

Your Daily Boost:

Recovery is not just a process; it's an opportunity for a new life. Be thankful for it.

Action Step:

Write down three things that your recovery journey has enabled you to do or experience.

Thought Starter:

What are you most thankful for in your recovery journey?

Final Pep Talk:

Recovery is your second chance at life. Be thankful and make the most of it.

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I am deserving of a life filled with love and support.

Your Daily Boost:

Love and support are not luxuries; they're necessities. Know that you are deserving of them.

Action Step:

Reach out to a loved one and express your gratitude for their support.

Thought Starter:

How does feeling deserving of love and support affect your relationships?

Final Pep Talk:

You are a magnet for love and support. Attract them by knowing your worth.

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"I am focused on improving my self-esteem and confidence."

Your Daily Boost:

Self-esteem and confidence are the foundations upon which you build a fulfilling life. Strengthen them.

Action Step:

Identify one area where you lack confidence and take a small step today to improve it.

Thought Starter:

How does improving your self-esteem and confidence affect your daily life?

Final Pep Talk:

Self-esteem and confidence are your inner cheerleaders. Listen to them and let them guide you.

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"I am determined to maintain a positive outlook and attitude."

Your Daily Boost:

A positive outlook is your life's filter, making even the mundane seem magical. Maintain it with determination.

Action Step:

Write down three positive affirmations and repeat them throughout the day.

Thought Starter:

Enter mHow does maintaining a positive outlook change your perception of challenges

Final Pep Talk:

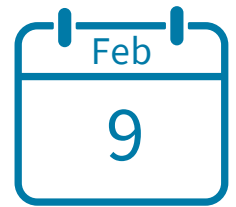
Positivity is your life's soundtrack. Keep the volume up.

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"I am grateful for the simple pleasures and joys in my life."

Your Daily Boost:

Simple pleasures are life's little gifts. Unwrap them with gratitude.

Action Step:

List three simple pleasures that bring you joy and make time to enjoy them today.

Thought Starter:

What simple pleasure are you most grateful for?

Final Pep Talk:

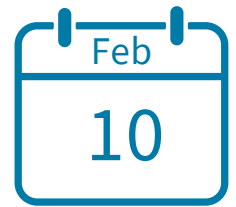
Gratitude turns simple things into treasures. Keep your treasure chest open.

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"I am open to new experiences and challenges in my recovery."

Your Daily Boost:

New experiences and challenges are the spices that flavor your recovery journey. Be open to tasting them.

Action Step:

Take on a new challenge or try something new related to your recovery today.

Thought Starter:

What new experience or challenge are you looking forward to in your recovery?

Final Pep Talk:

Being open to new experiences is like opening new doors. Walk through them and explore

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"I am worthy of a life filled with happiness and contentment."

Your Daily Boost:

Happiness and contentment are not just emotions; they're your right. Claim them.

Action Step:

List three things that make you happy and content. Spend a few moments today enjoying them.

Thought Starter:

How does acknowledging your worthiness for happiness and contentment affect your state of mind?

Final Pep Talk:

You are a magnet for happiness and contentment. Attract them by knowing your worth.

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"I choose to embrace my individuality and unique qualities."

Your Daily Boost:

Your individuality is your signature. It's what sets you apart and makes you unique. Embrace it.

Action Step:

Identify one unique quality you possess and celebrate it today.

Thought Starter:

What unique quality are you most proud of?

Final Pep Talk:

Your individuality is your brand. Own it and let it shine.

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"I am proud of my efforts and dedication in my recovery journey."

Your Daily Boost:

Your efforts and dedication are the bricks and mortar of your recovery journey. Build it strong and be proud.

Action Step:

Reflect on a recent accomplishment in your recovery and take a moment to feel proud of it.

Thought Starter:

What effort or dedication in your recovery journey are you most proud of?

Final Pep Talk:

Your efforts are your investments, and your dedication is your commitment. Both are worth being proud of.

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"I am capable of finding inner peace and serenity."

Your Daily Boost:

Inner peace and serenity are your inner sanctuaries. Know that you have the capability to find them.

Action Step:

Spend 5 minutes today in quiet meditation, focusing on finding your inner peace.

Thought Starter:

How does inner peace and serenity impact your daily life?

Final Pep Talk:

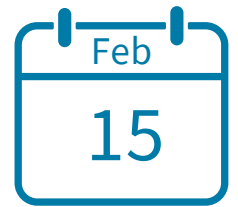
Inner peace is your inner compass, and serenity is your inner climate. Maintain them well.

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"I am thankful for the journey of self-discovery in my life."

Your Daily Boost:

The journey of self-discovery is the most exciting adventure you'll ever embark on. Be thankful for it.

Action Step:

Write down one new thing you've discovered about yourself recently and express gratitude for it.

Thought Starter:

What recent self-discovery are you most thankful for?

Final Pep Talk:

Self-discovery is your life's treasure hunt. Be thankful for each gem you find.

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"I am deserving of a life filled with positivity and growth."

Your Daily Boost:

You deserve all the positivity and growth life has to offer. Claim it by believing in yourself.

Action Step:

List three positive affirmations that encourage growth and repeat them throughout the day.

Thought Starter:

How does believing you deserve positivity and growth influence your actions?

Final Pep Talk:

Positivity and growth are your birthrights. Own them

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"I am focused on building and maintaining healthy relationships."

Your Daily Boost:

Healthy relationships are the pillars that support your life. Build them strong and keep them sturdy.

Action Step:

Reach out to a friend or family member to strengthen your relationship. Share something meaningful with them.

Thought Starter:

What relationship are you currently focused on improving?

Final Pep Talk:

Relationships are your life's architecture. Build them with care and maintain them with love.

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"I am determined to never give up on my recovery and my future."

Your Daily Boost:

Determination is your life's engine. It keeps you moving forward, no matter the obstacles.

Action Step:

Write down one long-term goal related to your recovery and future. Commit to taking a step toward it today.

Thought Starter:

What keeps you determined in your recovery journey?

Final Pep Talk:

Determination is your inner fire. Keep it burning bright.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the support and guidance of those around me."

Your Daily Boost:

Support and guidance are the scaffolding that helps you build a stronger self. Be grateful for those who provide it.

Action Step:

Send a thank-you message to at least one person who has offered you support or guidance recently.

Thought Starter:

How has the support and guidance of others been instrumental in your journey?

Final Pep Talk:

Gratitude amplifies goodness. Be thankful for your support system and watch it grow.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am open to learning and accepting new perspectives."

Your Daily Boost:

New perspectives are like new lenses for your life's camera. They can change how you see the world.

Action Step:

Expose yourself to a new perspective today, whether it's a book, a podcast, or a conversation.

Thought Starter:

What new perspective have you recently embraced?

Final Pep Talk:

Being open to new perspectives is like adding colors to your life's palette. Paint a vibrant picture.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with hope and optimism."

Your Daily Boost:

Hope and optimism are not just feelings; they're your guiding lights. Know that you are worthy of them.

Action Step:

List three things that give you hope and optimism for the future.

Thought Starter:

How does feeling worthy of hope and optimism affect your outlook?

Final Pep Talk:

Hope is your life's North Star, and optimism is your telescope. Keep them in sight.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I choose to focus on my own journey and not compare myself to others."

Your Daily Boost:

Your journey is your own unique path. Don't dilute its beauty by comparing it to someone else's.

Action Step:

When you catch yourself comparing, redirect your focus to your own goals and achievements

Thought Starter:

How has focusing on your own journey benefited you?

Final Pep Talk:

Your journey is your masterpiece. Don't compare it; just cherish it.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to adapt and overcome challenges."

Your Daily Boost:

Adaptability is your superpower, and overcoming challenges is your victory dance. Be proud of both.

Action Step:

Reflect on a recent challenge you've overcome through adaptability. Give yourself a pat on the back.

Thought Starter:

What recent challenge have you adapted to and overcome?

Final Pep Talk:

Adaptability is your life's Swiss Army knife. Use it wisely and be proud.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

shawnrumble.com



"I am capable of managing my feelings and emotions."

Your Daily Boost:

Your feelings and emotions are your internal weather. You have the capability to be your own meteorologist.

Action Step:

Practice a mindfulness technique today to help manage any overwhelming emotions.

Thought Starter:

What techniques do you use to manage your feelings and emotions?

Final Pep Talk:

Managing your emotions is like steering your life's ship. Keep a steady hand on the wheel.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

shawnrumble.com



"I am thankful for the journey of self-improvement in my life."

Your Daily Boost:

Self-improvement is a lifelong journey, and each step you take is a reason to be thankful.

Action Step:

Write down one recent self-improvement achievement and express gratitude for it.

Thought Starter:

What aspect of self-improvement are you most thankful for?

Final Pep Talk:

Self-improvement is your life's upgrade. Be thankful for each new version of yourself.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with happiness and fulfillment."

Your Daily Boost:

You are not just deserving of happiness and fulfillment; you are worthy of claiming them.

Action Step:

List three things that bring you happiness and fulfillment and make time to enjoy them today.

Thought Starter:

How does feeling deserving of happiness and fulfillment affect your choices?

Final Pep Talk:

Happiness and fulfillment are your life's rewards. Claim them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on staying grounded and balanced in my recovery."

Your Daily Boost:

Balance and grounding are the stabilizers on your journey. Keep them in check.

Action Step:

Practice a grounding technique today, such as deep breathing or mindfulness.

Thought Starter:

What helps you stay grounded and balanced in your recovery?

Final Pep Talk:

Being grounded is your anchor, and balance is your equilibrium. Maintain both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am determined to never lose sight of my goals and aspirations."

Your Daily Boost:

Your goals and aspirations are your life's roadmap. Keep them in your sight and in your heart.

Action Step:

Review your goals and aspirations and recommit to them today.

Thought Starter:

How does keeping sight of your goals influence your daily actions?

Final Pep Talk:

Your goals are your life's destinations, and your aspirations are your wings. Keep them in sight.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"Family Strengthens the Fabric of My Recovery."

Your Daily Boost:

Today, let's recognize the strength we draw from family—the loved ones who ground us, the relations that guide us, and the bonds that support us as we let go of the old.

Action Step:

Reach out to a family member who's been your rock and share your appreciation.

Thought Starter:

Reflect on the role your family plays in your recovery. How have they supported you, and how can you strengthen these ties for mutual growth?

Final Pep Talk:

In the journey of recovery, family is your cheering squad and your sanctuary. Their belief in you can be the wind beneath your wings, helping you soar to new heights. Today, let their love and belief in you amplify your resolve to heal and thrive.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of inspiration and motivation in my life."

Your Daily Boost:

Inspiration and motivation are your life's spark plugs. Be grateful for each spark they provide.

Action Step:

Reflect on a recent moment of inspiration or motivation and express gratitude for it.

Thought Starter:

What recent moment of inspiration or motivation are you most grateful for?

Final Pep Talk:

Inspiration is your muse, and motivation is your fuel. Be grateful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new ideas and ways of thinking in my recovery."

Your Daily Boost:

New ideas and ways of thinking are the seasonings that make your recovery journey flavorful. Be open to trying them.

Action Step:

Explore a new recovery method or technique today.

Thought Starter:

What new idea or way of thinking are you considering incorporating into your recovery?

Final Pep Talk:

Being open to new ideas is like opening new windows in your mind. Let the fresh air in.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to let go of past mistakes and focus on growth."

Your Daily Boost:

Past mistakes are your life's lessons, not life sentences. Choose to focus on growth instead.

Action Step:

Write down a past mistake and the lesson you learned from it. Then, let it go.

Thought Starter:

What past mistake have you recently let go of, and how did it help you grow?

Final Pep Talk:

Letting go is your life's spring cleaning. Make room for growth.

#YourJourney, #YourStory, #YourRecovery

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"I choose to let go of past mistakes and focus on growth."

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#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am proud of my progress and the person I am becoming."

Your Daily Boost:

Progress is your life's scoreboard, and becoming a better person is your ultimate win. Be proud.

Action Step:

Reflect on a recent milestone in your personal growth and take a moment to feel proud.

Thought Starter:

What recent progress are you most proud of?

Final Pep Talk:

Progress is your life's currency, and personal growth is your investment. Be proud of both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of finding happiness and contentment in my life."

Your Daily Boost:

Happiness and contentment are not destinations; they are journeys. Know that you are capable of embarking on both.

Action Step:

List three things that bring you happiness and contentment, and make time to enjoy them today

Thought Starter:

How does believing in your capability for happiness and contentment affect your well-being?

Final Pep Talk:

Happiness is your life's melody, and contentment is its harmony. Play both beautifully.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the opportunity to live a fulfilling life."

Your Daily Boost:

Life is not just an existence; it's an opportunity for fulfillment. Be thankful for it.

Action Step:

Write down one fulfilling experience you've had recently and express gratitude for it.

Thought Starter:

What opportunity for a fulfilling life are you most thankful for?

Final Pep Talk:

Life is your canvas, and fulfillment is your masterpiece. Be thankful for every brushstroke.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with love and compassion."

Your Daily Boost:

Love and compassion are not just emotions; they are your life's nutrients. Know that you are deserving of them.

Action Step:

Perform an act of self-compassion today, whether it's self-care or forgiving yourself for a past mistake.

Thought Starter:

How does feeling deserving of love and compassion affect your relationships?

Final Pep Talk:

Love is your life's fuel, and compassion is its lubricant. You deserve a smooth ride.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am focused on practicing self-care and taking care of myself."

Your Daily Boost:

Self-care is not selfish; it's self-preservation. Focus on it as you would any other important task.

Action Step:

Schedule a self-care activity for today, whether it's a walk, a bath, or some quiet reading time.

Thought Starter:

What self-care activity has the most positive impact on you?

Final Pep Talk:

Self-care is your life's maintenance. Keep up with it for a smoother journey.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to stay committed to my recovery and maintain my sobriety."

Your Daily Boost:

Determination is the fuel that powers your journey of recovery and sobriety. Keep your tank full.

Action Step:

Revisit your recovery goals today and make a plan to achieve your next milestone.

Thought Starter:

What keeps you determined and committed in your recovery journey?

Final Pep Talk:

Determination is your inner engine. Keep it running smoothly.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am grateful for the moments of joy and laughter in my life."

Your Daily Boost:

Joy and laughter are the spices that make life flavorful. Savor each moment.

Action Step:

Share a joke or a funny story with someone today to spread the joy.

Thought Starter:

What recent moment of joy or laughter are you most grateful for?

Final Pep Talk:

Joy is your life's music, and laughter is its dance. Enjoy the rhythm.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to forgiveness and letting go of resentment."

Your Daily Boost:

Forgiveness is the key that unlocks your emotional prison. Use it liberally.

Action Step:

Identify a resentment you're holding onto and take steps to forgive and let go.

Thought Starter:

How has forgiveness or letting go of resentment improved your well-being?

Final Pep Talk:

Forgiveness is your life's fresh start. Use it to reset and renew.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with hope and positivity."

Your Daily Boost:

Hope and positivity are not just states of mind; they're your birthright. Claim them.

Action Step:

List three things that give you hope and positivity and focus on them today.

Thought Starter:

How does feeling worthy of hope and positivity affect your daily life?

Final Pep Talk:

Hope is your life's compass, and positivity is its sunshine. Bask in both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I choose to live in the present moment and not dwell on the past."

Your Daily Boost:

The present is your life's stage. Perform on it, not in the wings of the past.

Action Step:

Practice mindfulness today to help you focus on the present moment.

Thought Starter:

How has living in the present improved your quality of life?

Final Pep Talk:

The present is your life's gift. Unwrap it fully.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to overcome obstacles and challenges."

Your Daily Boost:

Overcoming obstacles is your life's obstacle course. Navigate it with pride.

Action Step:

Reflect on a recent obstacle you've overcome and take a moment to feel proud.

Thought Starter:

What recent obstacle have you overcome that makes you feel proud?

Final Pep Talk:

Obstacles are your life's stepping stones. Use them to climb higher.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of creating a life I am proud of."

Your Daily Boost:

Your life is your canvas, and you are the artist. Paint a picture you're proud of.

Action Step:

Take one action today that brings you closer to a life you can be proud of.

Thought Starter:

What aspect of your life are you currently working on to make yourself proud?

Final Pep Talk:

Your life is your masterpiece. Create it with pride.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and growth."

Your Daily Boost:

Self-discovery and growth are your life's adventure. Be thankful for each twist and turn.

Action Step:

Write down one thing you've discovered about yourself recently and express gratitude for it.

Thought Starter:

What recent self-discovery or growth are you most thankful for?

Final Pep Talk:

Self-discovery is your life's treasure map. Be thankful for each clue you find.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am deserving of a life filled with peace and happiness."

Your Daily Boost:

Peace and happiness are not just states of mind; they are your birthright. Claim them.

Action Step:

Spend 5-10 minutes doing something that brings you peace and happiness today.

Thought Starter:

How does feeling deserving of peace and happiness affect your daily actions?

Final Pep Talk:

Peace is your inner sanctuary, and happiness is its atmosphere. You are deserving of both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on building a support network to help me in my recovery."

Your Daily Boost:

A support network is like a safety net for your life. Focus on weaving it strong and tight.

Action Step:

Reach out to someone who can be a part of your support network today.

Thought Starter:

What qualities are you looking for in your support network?

Final Pep Talk:

Your support network is your life's team. Build it wisely.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to always make positive choices and decisions."

Your Daily Boost:

Positive choices are the building blocks of a fulfilling life. Stack them carefully.

Action Step:

Make a conscious positive choice today, whether it's in your diet, your activities, or your interactions.

Thought Starter:

What recent positive choice has had a significant impact on your life?

Final Pep Talk:

Positive choices are your life's bricks. Build a strong foundation.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of love and compassion in my life."

Your Daily Boost:

Love and compassion are the spices that make life flavorful. Savor each moment.

Action Step:

Express love and compassion to someone today, and take a moment to feel grateful.

Thought Starter:

What recent moment of love or compassion are you most grateful for?

Final Pep Talk:

Love is your life's music, and compassion is its dance. Enjoy the rhythm.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to accepting help and support from others."

Your Daily Boost:

Accepting help is not a sign of weakness; it's a sign of wisdom. Be open to it.

Action Step:

Accept help or support from someone today, whether it's advice, a favor, or emotional support.

Thought Starter:

How has being open to accepting help benefited you recently?

Final Pep Talk:

Accepting help is like adding extra hands to your life's work. Be open to it.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with positivity and hope."

Your Daily Boost:

Positivity and hope are not just states of mind; they're your birthright. Claim them.

Action Step:

List three things that give you positivity and hope and focus on them today.

Thought Starter:

How does feeling worthy of positivity and hope affect your daily life?

Final Pep Talk:

Positivity is your life's sunshine, and hope is its compass. Bask in both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I choose to celebrate my accomplishments and successes."

Your Daily Boost:

Accomplishments and successes are your life's milestones. Celebrate each one.

Action Step:

Reflect on a recent accomplishment or success and take a moment to celebrate it.

Thought Starter:

What recent accomplishment or success are you most proud of?

Final Pep Talk:

Accomplishments are your life's landmarks. Celebrate them grandly.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my strength and resilience in my journey."

Your Daily Boost:

Strength and resilience are your life's shock absorbers. Be proud of how they smooth out the bumps.

Action Step:

Reflect on a recent challenge you've overcome through strength and resilience and feel proud.

Thought Starter:

What recent challenge have you overcome that makes you feel proud of your strength and resilience?

Final Pep Talk:

Strength is your life's muscle, and resilience is its flexibility. Be proud of both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of experiencing true happiness in my life."

Your Daily Boost:

True happiness isn't a destination; it's a journey you're fully capable of taking.

Action Step:

Identify one thing that brings you genuine happiness and make time for it today.

Thought Starter:

What does "true happiness" mean to you?

Final Pep Talk:

True happiness is your life's true north. Navigate towards it.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the opportunity to create a new future for myself."

Your Daily Boost:

Your future is a canvas waiting for your brushstrokes. Be thankful for the opportunity to paint it.

Action Step:

Write down one goal for your future and take a small step toward it today.

Thought Starter:

What future opportunity are you most thankful for?

Final Pep Talk:

Your future is your life's next chapter. Be thankful for the chance to write it.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with self-love and self-acceptance."

Your Daily Boost:

Self-love and self-acceptance are your birthrights. You are deserving of both.

Action Step:

Practice self-love today by doing something that makes you feel good about yourself.

Thought Starter:

How does self-love and self-acceptance manifest in your daily life?

Final Pep Talk:

Self-love is your life's core, and self-acceptance is its shell. You deserve a strong foundation.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on improving my mental and emotional well-being."

Your Daily Boost:

Your mental and emotional well-being are your life's pillars. Keep them strong and balanced.

Action Step:

Take 10 minutes to meditate or engage in a relaxation technique for mental and emotional balance.

Thought Starter:

What activities improve your mental and emotional well-being?

Final Pep Talk:

Mental and emotional well-being is your life's equilibrium. Maintain the balance.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to make my recovery a top priority in my life."

Your Daily Boost:

Recovery isn't just a process; it's a priority. Make it top of your list.

Action Step:

Review your recovery goals and adjust your daily schedule to prioritize them.

Thought Starter:

How do you keep your recovery a top priority amidst life's other demands?

Final Pep Talk:

Recovery is your life's main project. Give it the attention it deserves.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and inner calm in my life."

Your Daily Boost:

Peace and inner calm are your life's sanctuary. Be grateful for each moment you spend there.

Action Step:

Take a few minutes to sit in silence and savor a moment of peace and inner calm.

Thought Starter:

What recent moment of peace and inner calm are you most grateful for?

Final Pep Talk:

Peace is your life's quiet corner, and inner calm is its soft cushion. Be grateful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new opportunities and growth in my recovery."

Your Daily Boost:

Being open to new opportunities is like opening windows in a stuffy room. Fresh air is bound to flow in.

Action Step:

Consider a new approach or activity that could benefit your recovery and take the first step toward it today.

Thought Starter:

What new opportunity in your recovery are you most excited about?

Final Pep Talk:

Openness is your life's fresh breeze. Let it flow through you.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am worthy of a life filled with joy and fulfillment."

Your Daily Boost:

Joy and fulfillment aren't just emotions; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you joy and fulfillment.

Thought Starter:

How does feeling worthy of joy and fulfillment affect your daily actions?

Final Pep Talk:

Joy is your life's melody, and fulfillment is its harmony. Enjoy the music.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my own journey and not compare myself to others."

Your Daily Boost:

Your journey is your own unique path. Don't dilute its beauty by comparing it to others'.

Action Step:

Whenever you catch yourself comparing, redirect your focus to your own progress and achievements.

Thought Starter:

How has focusing on your own journey benefited you?

Final Pep Talk:

Your journey is your life's unique story. Make it a bestseller.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to change and grow."

Your Daily Boost:

Change and growth are the seasons of your life. Be proud of how you navigate them.

Action Step:

Reflect on a recent change you've made or growth you've experienced and feel proud.

Thought Starter:

What recent change or growth makes you feel most proud?

Final Pep Talk:

Change is your life's tide, and growth is its horizon. Be proud of both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

shawnrumble.com



"I am capable of finding solutions and overcoming problems."

Your Daily Boost:

Problems are just puzzles waiting for your solutions. You're more than capable.

Action Step:

Identify a problem you're currently facing and brainstorm potential solutions.

Thought Starter:

What recent problem have you solved that made you feel capable?

Final Pep Talk:

Problems are your life's quizzes. You're capable of acing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-improvement in my life."

Your Daily Boost:

Self-improvement is your life's ongoing education. Be thankful for each lesson.

Action Step:

Write down one thing you've improved upon recently and express gratitude for it.

Thought Starter:

What recent self-improvement are you most thankful for?

Final Pep Talk:

Self-improvement is your life's upgrade. Be thankful for each new version of you.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with love and positivity."

Your Daily Boost:

Love and positivity aren't just states of mind; they're your birthright. You are deserving of both.

Action Step:

Spread love and positivity today, whether it's through a kind word, a good deed, or a smile.

Thought Starter:

How does feeling deserving of love and positivity manifest in your daily life?

Final Pep Talk:

Love is your life's core, and positivity is its atmosphere. You deserve both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am focused on maintaining a healthy balance between work and play."

Your Daily Boost:

Balance is the key to a fulfilling life. Work hard, but don't forget to play hard too.

Action Step:

Plan your day to include both productive work and enjoyable leisure activities.

Thought Starter:

How do you maintain a healthy balance between work and play in your life?

Final Pep Talk:

Balance is your life's equilibrium. Keep it steady.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to continue on my path of recovery and growth."

Your Daily Boost:

Determination is your fuel, and your path of recovery and growth is the journey. Keep going.

Action Step:

Revisit your recovery and growth goals. Take one actionable step toward achieving them today.

Thought Starter:

What keeps you determined on your path of recovery and growth?

Final Pep Talk:

Determination is your life's engine. Keep it running strong.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of kindness and generosity in my life."

Your Daily Boost:

Kindness and generosity are the gems that make your life rich. Be grateful for each one.

Action Step:

Perform an act of kindness or generosity today and take a moment to feel grateful.

Thought Starter:

What recent act of kindness or generosity are you most grateful for?

Final Pep Talk:

Kindness is your life's treasure, and generosity is its key. Be grateful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to learning from my experiences and mistakes."

Your Daily Boost:

Experiences and mistakes are your life's teachers. Be open to the lessons they offer.

Action Step:

Reflect on a recent experience or mistake and identify what you've learned from it.

Thought Starter:

What recent experience or mistake has taught you the most?

Final Pep Talk:

Experiences are your life's chapters, and mistakes are its footnotes. Learn from both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with hope and inspiration."

Your Daily Boost:

Hope and inspiration aren't just feelings; they're your birthright. Claim them.

Action Step:

Engage in an activity today that fills you with hope and inspiration.

Thought Starter:

How does feeling worthy of hope and inspiration affect your daily life?

Final Pep Talk:

Hope is your life's light, and inspiration is its spark. Keep both alive.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to stay focused on my goals and aspirations."

Your Daily Boost:

Goals and aspirations are your life's destinations. Keep your eyes on the road and your hands on the wheel.

Action Step:

Review your goals and aspirations and take one step closer to achieving one of them today.

Thought Starter:

What helps you stay focused on your goals and aspirations?

Final Pep Talk:

Goals are your life's landmarks, and aspirations are its vistas. Keep focused.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to stay positive and optimistic."

Your Daily Boost:

Positivity and optimism are your life's sunshine. Be proud of how you let them shine through.

Action Step:

Share a positive thought or optimistic outlook with someone today.

Thought Starter:

What helps you maintain a positive and optimistic attitude?

Final Pep Talk:

Positivity is your life's glow, and optimism is its beam. Shine on.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of creating a life that brings me joy and fulfillment."

Your Daily Boost:

Your life is your canvas, and you're the artist. Paint it with joy and fulfillment.

Action Step:

Engage in an activity today that brings you closer to your vision of a joyful and fulfilling life.

Thought Starter:

What does a life of joy and fulfillment look like to you?

Final Pep Talk:

Joy is your life's color, and fulfillment is its texture. Create your masterpiece.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-growth."

Your Daily Boost:

Self-discovery and self-growth are your life's adventures. Be thankful for each step.

Action Step:

Reflect on a recent moment of self-discovery or growth and express gratitude for it.

Thought Starter:

What recent self-discovery or growth are you most thankful for?

Final Pep Talk:

Self-discovery is your life's map, and self-growth is its compass. Be thankful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with happiness and success."

Your Daily Boost:

Happiness and success aren't just goals; they're your birthright. Claim them.

Action Step:

Take one step today that brings you closer to your vision of happiness and success.

Thought Starter:

How does feeling deserving of happiness and success manifest in your daily life?

Final Pep Talk:

Happiness is your life's music, and success is its dance. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on nurturing my relationships with friends and family."

Your Daily Boost:

Relationships are your life's garden. Tend to them, and they'll bloom.

Action Step:

Reach out to a friend or family member today to strengthen your bond.

Thought Starter:

What relationships are most important for you to nurture right now?

Final Pep Talk:

Relationships are your life's flowers, and nurturing them is your care. Make your garden bloom.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to live my life with purpose and intention."

Your Daily Boost:

Purpose and intention are your life's steering wheel. Grab hold and steer your course.

Action Step:

Set an intention for the day that aligns with your greater life purpose.

Thought Starter:

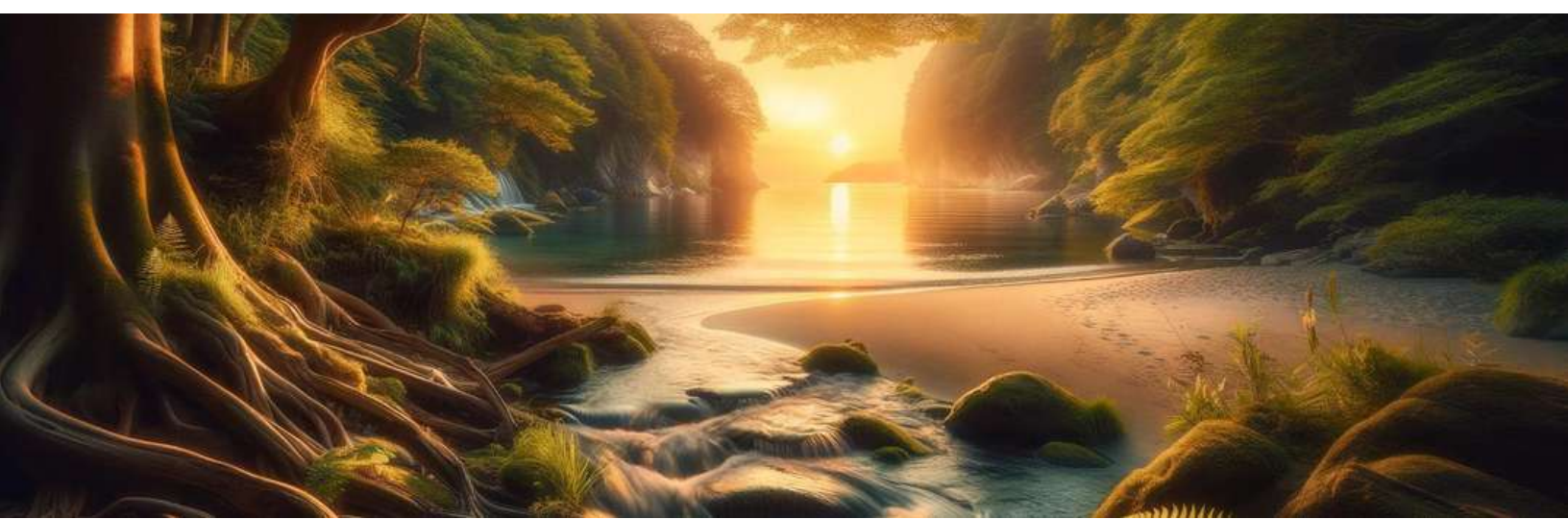
What gives your life purpose and intention?

Final Pep Talk:

Purpose is your life's direction, and intention is its speed. Stay determined.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and comfort in my life."

Your Daily Boost:

Peace and comfort are the cushions on which your life rests. Be grateful for each soft moment.

Action Step:

Take a few minutes today to sit in silence and appreciate the peace and comfort around you.

Thought Starter:

What recent moment of peace or comfort are you most grateful for?

Final Pep Talk:

Peace is your life's sanctuary, and comfort is its blanket. Wrap yourself in gratitude.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new challenges and experiences in my recovery."

Your Daily Boost:

Challenges and experiences are the spices of your life. Be open to tasting each one.

Action Step:

Consider a new challenge or experience that could benefit your recovery and take the first step toward it today.

Thought Starter:

What new challenge or experience in your recovery are you most excited about?

Final Pep Talk:

Challenges are your life's hurdles, and experiences are its landscapes. Be open to both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with hope and positivity."

Your Daily Boost:

Hope and positivity aren't just emotions; they're your birthright. Claim them.

Action Step:

Engage in an activity today that fills you with hope and positivity.

Thought Starter:

How does feeling worthy of hope and positivity affect your daily life?

Final Pep Talk:

Hope is your life's light, and positivity is its spark. Keep both alive.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to live each day with joy and gratitude."

Your Daily Boost:

Joy and gratitude are the melodies of your life. Choose to sing them loudly.

Action Step:

Perform an act of joy or express gratitude today, even if it's just a small gesture.

Thought Starter:

What brings you joy and gratitude in your daily life?

Final Pep Talk:

Joy is your life's song, and gratitude is its chorus. Sing both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to take control of my life."

Your Daily Boost:

Taking control is your life's steering wheel. Be proud of how you navigate.

Action Step:

Identify one area where you've recently taken control and feel proud of it.

Thought Starter:

What recent action makes you feel proud of taking control in your life?

Final Pep Talk:

Control is your life's compass, and pride is its North Star. Navigate well.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of overcoming adversity and achieving my goals."

Your Daily Boost:

Adversity is just a stepping stone on the path to your goals. You're more than capable.

Action Step:

Identify a challenge you're currently facing and brainstorm potential solutions.

Thought Starter:

What recent adversity have you overcome that made you feel capable?

Final Pep Talk:

Adversity is your life's test, and capability is your grade. Aim for an A+.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-improvement."

Your Daily Boost:

Self-discovery and self-improvement are the adventures of your life. Be thankful for each step.

Action Step:

Reflect on a recent moment of self-discovery or improvement and express gratitude for it.

Thought Starter:

What recent self-discovery or improvement are you most thankful for?

Final Pep Talk:

Self-discovery is your life's map, and self-improvement is its compass. Be thankful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with love and compassion."

Your Daily Boost:

Love and compassion are not just feelings; they're your birthright. Claim them.

Action Step:

Perform an act of love or compassion today, either for yourself or someone else.

Thought Starter:

How does feeling deserving of love and compassion manifest in your daily life?

Final Pep Talk:

Love is your life's melody, and compassion is its harmony. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on making self-care a priority in my life."

Your Daily Boost:

Self-care is the maintenance plan for your life's vehicle. Keep it running smoothly.

Action Step:

Engage in a self-care activity today that rejuvenates you.

Thought Starter:

What self-care activities make you feel most refreshed?

Final Pep Talk:

Self-care is your life's tune-up, and focus is its mechanic. Keep both in check.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to live a life free from negative influences."

Your Daily Boost:

Your life is your story. Be determined to keep the villains out.

Action Step:

Identify a negative influence in your life and take steps to distance yourself from it.

Thought Starter:

What negative influences have you successfully distanced yourself from?

Final Pep Talk:

Determination is your life's shield, and freedom is its sword. Wield both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and tranquility in my life."

Your Daily Boost:

Peace and tranquility are the cushions on which your life rests. Be grateful for each soft moment.

Action Step:

Take a few minutes today to sit in silence and appreciate the peace and tranquility around you.

Thought Starter:

What recent moment of peace or tranquility are you most grateful for?

Final Pep Talk:

Peace is your life's sanctuary, and tranquility is its blanket. Wrap yourself in gratitude.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am open to forgiveness and letting go of past hurt and resentment."

Your Daily Boost:

Forgiveness is the key to your life's prison of past hurt and resentment. Be open to using it.

Action Step:

Identify someone or something you need to forgive and take the first step toward doing so.

Thought Starter:

What past hurt or resentment are you ready to let go of?

Final Pep Talk:

Forgiveness is your life's liberator, and openness is its key. Unlock both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am worthy of a life filled with positivity and happiness."

Your Daily Boost:

Positivity and happiness aren't just emotions; they're your birthright. Claim them.

Action Step:

Engage in an activity today that fills you with positivity and happiness.

Thought Starter:

How does feeling worthy of positivity and happiness affect your daily life?

Final Pep Talk:

Positivity is your life's light, and happiness is its spark. Keep both alive.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on the present moment and not worry about the future."

Your Daily Boost:

The present is your life's stage, and the future is its audience. Perform now and let the applause come later.

Action Step:

Practice mindfulness today to help you focus on the present moment.

Thought Starter:

What helps you stay focused on the present moment?

Final Pep Talk:

The present is your life's gift, and focus is its wrapping paper. Enjoy unwrapping it.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to grow and evolve in my recovery."

Your Daily Boost:

Growth and evolution are the milestones on your road to recovery. Take pride in each step.

Action Step:

Reflect on a recent moment of growth or evolution in your recovery and feel proud of it.

Thought Starter:

What recent growth or evolution in your recovery makes you feel proud?

Final Pep Talk:

Growth is your life's tree, and evolution is its branches. Stand tall.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am capable of finding joy and happiness in the simple things."

Your Daily Boost:

Joy and happiness often hide in simplicity. You have the capability to find them.

Action Step:

Identify a simple thing that brings you joy or happiness and engage with it today.

Thought Starter:

What simple things bring you the most joy and happiness?

Final Pep Talk:

Joy is your life's sparkle, and happiness is its glow. Let both shine.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-love."

Your Daily Boost:

Self-discovery and self-love are the adventures of your life. Be thankful for each step.

Action Step:

Reflect on a recent moment of self-discovery or self-love and express gratitude for it.

Thought Starter:

What recent self-discovery or self-love are you most thankful for?

Final Pep Talk:

Self-discovery is your life's map, and self-love is its treasure. Be thankful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with peace and contentment."

Your Daily Boost:

Peace and contentment are not just states of mind; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you peace and contentment.

Thought Starter:

How does feeling deserving of peace and contentment manifest in your daily life?

Final Pep Talk:

Peace is your life's lake, and contentment is its shore. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on maintaining healthy boundaries in my relationships."

Your Daily Boost:

Healthy boundaries are the fences that protect your life's garden. Keep them strong.

Action Step:

Identify a boundary you need to enforce or establish in a relationship and take action.

Thought Starter:

What healthy boundaries are most important for you to maintain right now?

Final Pep Talk:

Boundaries are your life's fences, and focus is its gardener. Tend well.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am determined to make a positive impact on the world around me."

Your Daily Boost:

Your positive impact is the legacy you leave in the world. Be determined to make it lasting.

Action Step:

Perform a random act of kindness today to make a positive impact.

Thought Starter:

What actions can you take to make a positive impact on the world?

Final Pep Talk:

Determination is your life's engine, and impact is its track. Stay on course.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of kindness and understanding in my life."

Your Daily Boost:

Kindness and understanding are the soft touches in your life. Be grateful for each one.

Action Step:

Express gratitude today for a recent act of kindness or understanding you've experienced.

Thought Starter:

What recent act of kindness or understanding are you most grateful for?

Final Pep Talk:

Kindness is your life's warmth, and understanding is its light. Be grateful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to learning new things and expanding my horizons."

Your Daily Boost:

Learning and expanding horizons are the wings of your life. Be open to flying high.

Action Step:

Learn something new today, whether it's a fact, a skill, or a perspective.

Thought Starter:

What new thing are you most excited to learn or explore?

Final Pep Talk:

Learning is your life's book, and openness is its bookmark. Keep reading.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with love and joy."

Your Daily Boost:

Love and joy aren't just emotions; they're your birthright. Claim them.

Action Step:

Engage in an activity today that fills you with love and joy.

Thought Starter:

How does feeling worthy of love and joy affect your daily life?

Final Pep Talk:

Love is your life's melody, and joy is its harmony. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to live my life with a positive and optimistic outlook."

Your Daily Boost:

Positivity and optimism are the lenses through which you see your life. Choose to keep them clear.

Action Step:

Identify a situation where you can apply a positive and optimistic outlook today.

Thought Starter:

What helps you maintain a positive and optimistic outlook?

Final Pep Talk:

Positivity is your life's filter, and optimism is its focus. Keep both sharp.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to overcome obstacles and challenges in life."

Your Daily Boost:

Obstacles and challenges are your life's stepping stones. Be proud of each step you take.

Action Step:

Reflect on a recent obstacle or challenge you've overcome and feel proud of it.

Thought Starter:

What recent obstacle or challenge have you overcome that makes you feel proud?

Final Pep Talk:

Obstacles are your life's hurdles, and challenges are its tracks. Run proudly.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of finding inner peace and tranquility."

Your Daily Boost:

Inner peace and tranquility are the sanctuaries of your life. You're capable of finding them.

Action Step:

Take a few minutes today to meditate or engage in an activity that brings you inner peace.

Thought Starter:

What activities or practices help you find inner peace and tranquility?

Final Pep Talk:

Inner peace is your life's sanctuary, and tranquility is its altar. Visit often.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-acceptance."

Your Daily Boost:

Self-discovery and self-acceptance are the adventures of your life. Be thankful for each step.

Action Step:

Reflect on a recent moment of self-discovery or self-acceptance and express gratitude for it.

Thought Starter:

What recent self-discovery or self-acceptance are you most thankful for?

Final Pep Talk:

Self-discovery is your life's map, and self-acceptance is its destination. Be thankful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am deserving of a life filled with happiness and success."

Your Daily Boost:

Happiness and success aren't just goals; they're your birthright. Claim them.

Action Step:

Take a step today that brings you closer to happiness or success.

Thought Starter:

How does feeling deserving of happiness and success manifest in your daily life?

Final Pep Talk:

Happiness is your life's sunshine, and success is its rainbow. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on nurturing my spirituality and connection to a higher power."

Your Daily Boost:

Spirituality and connection to a higher power are the compasses of your life. Keep them close.

Action Step:

Spend some time in prayer, meditation, or another spiritual practice today.

Thought Starter:

What practices or activities help you nurture your spirituality?

Final Pep Talk:

Spirituality is your life's compass, and focus is its needle. Stay aligned.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to live my life with authenticity and integrity."

Your Daily Boost:

Authenticity and integrity are the foundations of your life. Build upon them.

Action Step:

Make a decision today that reflects your authentic self and integrity.

Thought Starter:

What does living with authenticity and integrity mean to you?

Final Pep Talk:

Authenticity is your life's core, and integrity is its shell. Be unbreakable.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of love and compassion in my life."

Your Daily Boost:

Love and compassion are the heartbeats of your life. Be grateful for each pulse.

Action Step:

Express gratitude today for a recent act of love or compassion you've experienced.

Thought Starter:

What recent act of love or compassion are you most grateful for?

Final Pep Talk:

Love is your life's heartbeat, and compassion is its rhythm. Be grateful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to growth and change in my recovery journey."

Your Daily Boost:

Growth and change are the seasons of your recovery journey. Be open to each one.

Action Step:

Identify an area in your recovery where you're open to growth or change and take a step toward it.

Thought Starter:

What areas in your recovery are you most open to growth and change?

Final Pep Talk:

Growth is your life's spring, and change is its autumn. Experience all seasons.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am worthy of a life filled with peace and fulfillment."

Your Daily Boost:

Peace and fulfillment aren't just states of being; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you peace or fulfillment.

Thought Starter:

How does feeling worthy of peace and fulfillment affect your daily life?

Final Pep Talk:

Peace is your life's lake, and fulfillment is its island. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my own journey and not compare myself to others."

Your Daily Boost:

Your journey is your own unique path. Choose to focus on it and not get sidetracked by others.

Action Step:

Reflect on a recent accomplishment or milestone in your own journey and celebrate it.

Thought Starter:

What helps you maintain focus on your own journey?

Final Pep Talk:

Focus is your life's lens, and your journey is its view. Keep both clear.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to find hope and inspiration in life."

Your Daily Boost:

Hope and inspiration are the stars in your life's sky. Be proud of your ability to find them.

Action Step:

Reflect on a recent moment where you found hope or inspiration and celebrate it.

Thought Starter:

What recent event or experience has given you hope or inspiration?

Final Pep Talk:

Hope is your life's star, and inspiration is its constellation. Keep gazing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am capable of experiencing true joy and happiness in my life."

Your Daily Boost:

Joy and happiness are the melodies of your life. You're capable of hearing them.

Action Step:

Do something today that brings you true joy or happiness.

Thought Starter:

What activities or experiences bring you true joy and happiness?

Final Pep Talk:

Joy is your life's melody, and happiness is its chorus. Keep listening.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-empowerment."

Your Daily Boost:

Self-discovery and self-empowerment are the adventures of your life. Be thankful for each step.

Action Step:

Reflect on a recent moment of self-discovery or self-empowerment and express gratitude for it.

Thought Starter:

What recent self-discovery or self-empowerment are you most thankful for?

Final Pep Talk:

Self-discovery is your life's map, and self-empowerment is its compass. Be thankful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am deserving of a life filled with love and positivity."

Your Daily Boost:

Love and positivity aren't just emotions; they're your birthright. Claim them.

Action Step:

Engage in an activity today that fills you with love and positivity.

Thought Starter:

How does feeling deserving of love and positivity affect your daily life?

Final Pep Talk:

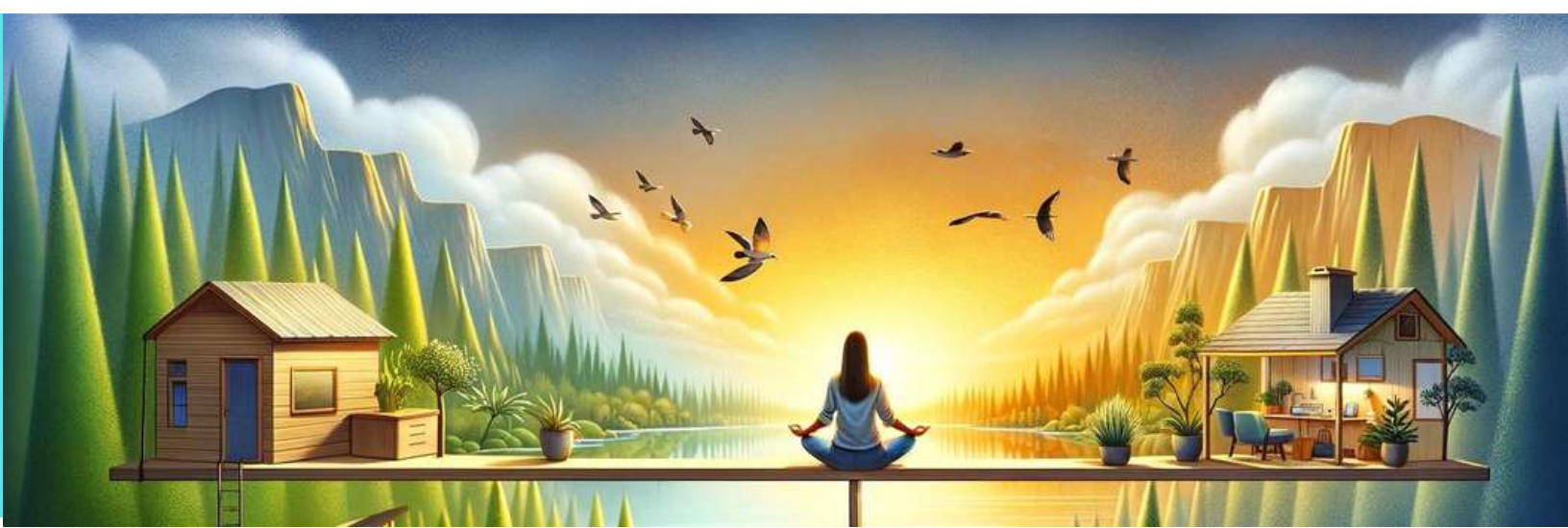
Love is your life's sunshine, and positivity is its rainbow. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am focused on maintaining a healthy work-life balance."

Your Daily Boost:

Work-life balance is the equilibrium of your life. Keep it steady.

Action Step:

Take some time today to relax and unwind, balancing out your work commitments.

Thought Starter:

What strategies help you maintain a healthy work-life balance?

Final Pep Talk:

Work is your life's duty, and life is its joy. Balance both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am determined to always make choices that align with my values."

Your Daily Boost:

Values are the pillars of your life. Make choices that uphold them.

Action Step:

Make a decision today that aligns with your core values.

Thought Starter:

What core values are most important to you when making choices?

Final Pep Talk:

Values are your life's pillars, and choices are its architecture. Build wisely.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and comfort in my life."

Your Daily Boost:

Peace and comfort are the sanctuaries of your life. Be grateful for each visit.

Action Step:

Take a moment today to express gratitude for a recent experience of peace or comfort.

Thought Starter:

What recent moment of peace or comfort are you most grateful for?

Final Pep Talk:

Peace is your life's sanctuary, and comfort is its cushion. Be grateful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am open to finding new ways to bring joy and happiness into my life."

Your Daily Boost:

Joy and happiness are the colors of your life's canvas. Be open to new shades.

Action Step:

Try something new today that could bring you joy or happiness.

Thought Starter:

What new ways are you open to for bringing joy and happiness into your life?

Final Pep Talk:

Joy is your life's color, and happiness is its hue. Keep painting.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with love and compassion."

Your Daily Boost:

Love and compassion are the cornerstones of your life. You are worthy of both.

Action Step:

Show yourself some love and compassion today, whether it's through self-care or positive affirmations.

Thought Starter:

How does feeling worthy of love and compassion manifest in your daily actions?

Final Pep Talk:

Love is your life's cornerstone, and compassion is its mortar. Build a strong foundation.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I choose to live my life with purpose and meaning."

Your Daily Boost:

Purpose and meaning are the compass and map of your life. Choose to follow them.

Action Step:

Take a step today that aligns with your life's purpose and meaning.

Thought Starter:

What gives your life purpose and meaning?

Final Pep Talk:

Purpose is your life's compass, and meaning is its map. Navigate wisely.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am proud of my ability to bounce back and keep moving forward."

Your Daily Boost:

Resilience and progress are the springs and wheels of your life. Be proud of your ability to keep moving.

Action Step:

Reflect on a recent challenge you've overcome and celebrate your resilience.

Thought Starter:

What recent experience made you proud of your ability to bounce back?

Final Pep Talk:

Resilience is your life's spring, and progress is its wheel. Keep moving.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of finding hope and optimism in difficult times."

Your Daily Boost:

Hope and optimism are the lights in your life's tunnel. You're capable of finding them, even in the dark.

Action Step:

Identify a silver lining in a recent difficult situation.

Thought Starter:

What helps you maintain hope and optimism during challenging times?

Final Pep Talk:

Hope is your life's light, and optimism is its glow. Illuminate your path.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-confidence."

Your Daily Boost:

Self-discovery and self-confidence are the adventures and treasures of your life. Be thankful for both.

Action Step:

Reflect on a recent moment of self-discovery or self-confidence and express gratitude for it.

Thought Starter:

What recent self-discovery or boost in self-confidence are you most thankful for?

Final Pep Talk:

Self-discovery is your life's adventure, and self-confidence is its treasure. Be thankful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am deserving of a life filled with happiness and success."

Your Daily Boost:

Happiness and success aren't just goals; they're your birthright. Claim them.

Action Step:

Take a step today that brings you closer to happiness or success.

Thought Starter:

How does feeling deserving of happiness and success manifest in your daily life?

Final Pep Talk:

Happiness is your life's sunshine, and success is its rainbow. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on maintaining strong and healthy relationships."

Your Daily Boost:

Strong and healthy relationships are the pillars of your life. Keep them sturdy.

Action Step:

Reach out to a loved one today to strengthen your relationship.

Thought Starter:

What actions help you maintain strong and healthy relationships?

Final Pep Talk:

Strong relationships are your life's pillars, and health is its foundation. Build wisely.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am determined to always practice self-care and self-love."

Your Daily Boost:

Self-care and self-love are the nourishment and fuel for your life. Be determined to always have both.

Action Step:

Engage in a self-care activity today that you love.

Thought Starter:

What are your go-to self-care and self-love practices?

Final Pep Talk:

Self-care is your life's nourishment, and self-love is its fuel. Keep your tank full.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and calm in my life."

Your Daily Boost:

Peace and calm are the sanctuaries in your life's journey. Be grateful for each visit.

Action Step:

Take a moment today to express gratitude for a recent experience of peace or calm.

Thought Starter:

What recent moment of peace or calm are you most grateful for?

Final Pep Talk:

Peace is your life's sanctuary, and calm is its cushion. Be grateful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new experiences and growth in my recovery journey."

Your Daily Boost:

New experiences and growth are the adventures and milestones in your recovery journey. Be open to both.

Action Step:

Try something new today that could contribute to your recovery and growth.

Thought Starter:

What new experiences are you open to for enhancing your recovery journey?

Final Pep Talk:

New experiences are your life's adventures, and growth is its milestone. Keep exploring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with positivity and happiness."

Your Daily Boost:

Positivity and happiness are not just states of mind; they're your birthright. Claim them.

Action Step:

Engage in an activity today that fills you with positivity and happiness.

Thought Starter:

How does feeling worthy of positivity and happiness affect your daily life?

Final Pep Talk:

Positivity is your life's sunshine, and happiness is its rainbow. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am proud of my ability to learn from my mistakes and grow."

Your Daily Boost:

Mistakes and growth are the lessons and graduations of your life. Be proud of your ability to learn and grow.

Action Step:

Reflect on a recent mistake you've learned from and celebrate your growth.

Thought Starter:

What recent mistake has taught you the most?

Final Pep Talk:

Mistakes are your life's lessons, and growth is its graduation. Keep learning.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of overcoming fear and uncertainty."

Your Daily Boost:

Fear and uncertainty are the clouds and fog in your life's sky. You're capable of flying through both.

Action Step:

Take a step today to confront a fear or uncertainty you've been avoiding.

Thought Starter:

What strategies help you overcome fear and uncertainty?

Final Pep Talk:

Fear is your life's cloud, and uncertainty is its fog. Keep flying.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-belief."

Your Daily Boost:

Self-discovery and self-belief are the adventures and treasures of your life. Be thankful for both.

Action Step:

Reflect on a recent moment of self-discovery or self-belief and express gratitude for it.

Thought Starter:

What recent self-discovery or self-belief are you most thankful for?

Final Pep Talk:

Self-discovery is your life's adventure, and self-belief is its treasure. Be thankful for both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am deserving of a life filled with love and support."

Your Daily Boost:

Love and support are the cornerstones of your life. You are deserving of both.

Action Step:

Reach out to a loved one today to strengthen your relationship.

Thought Starter:

How does feeling deserving of love and support manifest in your daily actions?

Final Pep Talk:

Love is your life's cornerstone, and support is its mortar. Build a strong foundation.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on staying true to myself and my values."

Your Daily Boost:

Authenticity and values are the compass and map of your life. Stay focused on both.

Action Step:

Reflect on your core values and how you can better align your actions with them today.

Thought Starter:

What does staying true to yourself and your values look like in daily life?

Final Pep Talk:

Authenticity is your life's compass, and values are its map. Navigate wisely.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to live a life free from negative thoughts and habits."

Your Daily Boost:

Positive thinking and good habits are the sunshine and soil of your life. Be determined to cultivate both.

Action Step:

Identify a negative thought or habit you can work on replacing with a positive one today.

Thought Starter:

What strategies help you combat negative thoughts and habits?

Final Pep Talk:

Positive thinking is your life's sunshine, and good habits are its soil. Cultivate a beautiful garden.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



I am grateful for the moments of peace and harmony in my life."

Your Daily Boost:

Peace and harmony are the melody and rhythm of your life. Be grateful for each note.

Action Step:

Take a moment today to express gratitude for a recent experience of peace or harmony.

Thought Starter:

What recent moment of peace or harmony are you most grateful for?

Final Pep Talk:

Peace is your life's melody, and harmony is its rhythm. Enjoy the music.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new perspectives and growth in my recovery journey."

Your Daily Boost:

New perspectives and growth are the lenses and milestones in your recovery journey. Be open to both.

Action Step:

Consider a new perspective that could contribute to your recovery and growth today.

Thought Starter:

What new perspectives are you open to for enhancing your recovery journey?

Final Pep Talk:

New perspectives are your life's lenses, and growth is its milestone. Keep focusing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with joy and success."

Your Daily Boost:

Joy and success are not just goals; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you closer to joy or success.

Thought Starter:

How does feeling worthy of joy and success manifest in your daily life?

Final Pep Talk:

Joy is your life's sunshine, and success is its rainbow. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I choose to focus on the things that bring me happiness and fulfillment."

Your Daily Boost:

Happiness and fulfillment are the destinations and journeys of your life. Choose to focus on both.

Action Step:

Identify something that brings you happiness and fulfillment and make time for it today.

Thought Starter:

What activities or thoughts bring you the most happiness and fulfillment?

Final Pep Talk:

Happiness is your life's destination, and fulfillment is its journey. Keep traveling.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to find peace and positivity in life."

Your Daily Boost:

Peace and positivity are the sanctuaries and sunshine in your life. Be proud of your ability to find both.

Action Step:

Reflect on a recent moment where you found peace or positivity and celebrate it.

Thought Starter:

What recent experience made you proud of your ability to find peace and positivity?

Final Pep Talk:

Peace is your life's sanctuary, and positivity is its sunshine. Keep shining.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of experiencing true love and connection with others."

Your Daily Boost:

Love and connection are the heart and soul of your life. You're capable of experiencing both.

Action Step:

Reach out to someone you love or feel connected to and express your feelings today.

Thought Starter:

What does true love and connection look like for you?

Final Pep Talk:

Love is your life's heart, and connection is its soul. Keep loving.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-awareness."

Your Daily Boost:

Self-discovery and self-awareness are the keys to unlocking your full potential. Be thankful for the journey.

Action Step:

Take a moment to reflect on a recent self-discovery or increased self-awareness.

Thought Starter:

What recent self-discovery are you most thankful for?

Final Pep Talk:

Self-discovery is the key, and self-awareness is the door. Keep unlocking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with happiness and contentment."

Your Daily Boost:

Happiness and contentment aren't just destinations; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you closer to happiness or contentment.

Thought Starter:

How does feeling deserving of happiness and contentment manifest in your daily life?

Final Pep Talk:

Happiness is your birthright, and contentment is its companion. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on making healthy and positive choices for myself."

Your Daily Boost:

Healthy and positive choices are the building blocks of a fulfilling life. Keep your focus.

Action Step:

Make a conscious healthy and positive choice today, whether it's in your diet, exercise, or thoughts.

Thought Starter:

What healthy and positive choice will you make today?

Final Pep Talk:

Healthy choices are your life's building blocks, and positive choices are its cement. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am determined to live a life that aligns with my passions and goals."

Your Daily Boost:

Passions and goals are the fuel and destination of your life's journey. Be determined to align with them.

Action Step:

Take a step today that brings you closer to one of your passions or goals.

Thought Starter:

What passion or goal are you most focused on aligning with?

Final Pep Talk:

Passions are your life's fuel, and goals are its destination. Keep driving.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and serenity in my life."

Your Daily Boost:

Peace and serenity are the calm waters and gentle breezes of your life. Be grateful for each moment.

Action Step:

Take a moment today to express gratitude for a recent experience of peace or serenity.

Thought Starter:

What recent moment of peace or serenity are you most grateful for?

Final Pep Talk:

Peace is your life's calm water, and serenity is its gentle breeze. Enjoy the tranquility.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to learning and personal growth in my recovery journey."

Your Daily Boost:

Learning and personal growth are the textbooks and milestones on your recovery journey. Be open to both.

Action Step:

Consider a new skill or area of knowledge that could contribute to your personal growth today.

Thought Starter:

What area of learning are you open to for enhancing your personal growth?

Final Pep Talk:

Learning is your life's textbook, and personal growth is its milestone. Keep studying.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am worthy of a life filled with love and positivity."

Your Daily Boost:

Love and positivity are not just goals; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you closer to love or positivity.

Thought Starter:

How does feeling worthy of love and positivity manifest in your daily life?

Final Pep Talk:

Love is your birthright, and positivity is its companion. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my strengths and not be discouraged by my weaknesses."

Your Daily Boost:

Strengths are your tools, and weaknesses are just areas for growth. Choose to focus on your tools.

Action Step:

Identify one of your strengths and find a way to utilize it today.

Thought Starter:

What strength will you focus on today?

Final Pep Talk:

Strengths are your life's tools, and weaknesses are its growth areas. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to find resilience and strength in tough times."

Your Daily Boost:

Resilience and strength are your shields and swords in the battles of life. Be proud of your armory.

Action Step:

Reflect on a recent challenge where you displayed resilience or strength and celebrate it.

Thought Starter:

What recent experience made you proud of your resilience and strength?

Final Pep Talk:

Resilience is your life's shield, and strength is its sword. Keep fighting.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am capable of experiencing true joy and fulfillment in my life."

Your Daily Boost:

Joy and fulfillment are the music and lyrics of your life's song. You're capable of singing both.

Action Step:

Engage in an activity today that brings you joy or fulfillment.

Thought Starter:

What brings you true joy and fulfillment?

Final Pep Talk:

Joy is your life's music, and fulfillment is its lyrics. Keep singing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-improvement."

Your Daily Boost:

Self-discovery and self-improvement are the compass and map of your life's journey. Be thankful for both.

Action Step:

Reflect on a recent moment of self-discovery or self-improvement and celebrate it.

Thought Starter:

What recent self-improvement are you most thankful for?

Final Pep Talk:

Self-discovery is your life's compass, and self-improvement is its map. Keep navigating.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am deserving of a life filled with happiness and peace."

Your Daily Boost:

Happiness and peace are not just destinations; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you closer to happiness or peace.

Thought Starter:

How does feeling deserving of happiness and peace manifest in your daily life?

Final Pep Talk:

Happiness is your birthright, and peace is its companion. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on building healthy and supportive relationships."

Your Daily Boost:

Healthy and supportive relationships are the pillars of a fulfilling life. Keep your focus.

Action Step:

Reach out to someone today to strengthen or build a healthy relationship.

Thought Starter:

What relationship will you focus on building or strengthening today?

Final Pep Talk:

Healthy relationships are your life's pillars, and supportive ones are its beams. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am determined to always seek knowledge and understanding."

Your Daily Boost:

Knowledge and understanding are the light and lens through which you see the world. Be determined to seek both.

Action Step:

Learn something new today that contributes to your understanding of yourself or the world.

Thought Starter:

What area of knowledge or understanding are you determined to explore?

Final Pep Talk:

Knowledge is your life's light, and understanding is its lens. Keep exploring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and comfort in my life."

Your Daily Boost:

Peace and comfort are the calm waters and gentle breezes of your life. Be grateful for each moment.

Action Step:

Take a moment today to express gratitude for a recent experience of peace or comfort.

Thought Starter:

What recent moment of peace or comfort are you most grateful for?

Final Pep Talk:

Peace is your life's calm water, and comfort is its gentle breeze. Enjoy the tranquility.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new experiences and opportunities in my recovery journey."

Your Daily Boost:

New experiences and opportunities are the spices and flavors of your recovery journey. Be open to both.

Action Step:

Consider a new experience or opportunity that could contribute to your recovery today.

Thought Starter:

What new experience or opportunity are you open to in your recovery journey?

Final Pep Talk:

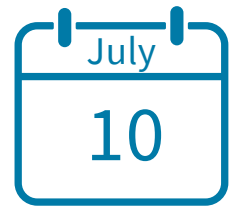
New experiences are your life's spice, and opportunities are its flavor. Keep tasting.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am worthy of a life filled with love and success."

Your Daily Boost:

Love and success are not just goals; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you closer to love or success.

Thought Starter:

How does feeling worthy of love and success manifest in your daily life?

Final Pep Talk:

Love is your birthright, and success is its companion. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on living in the present moment and not dwelling on the past."

Your Daily Boost:

The present moment is your canvas, and the past is just a sketch. Choose to paint now.

Action Step:

Practice mindfulness today to help you focus on the present moment.

Thought Starter:

How will focusing on the present moment improve your day?

Final Pep Talk:

The present is your life's canvas, and the past is its sketch. Keep painting.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to find hope and positivity in life."

Your Daily Boost:

Hope and positivity are your life's sun and moon. Be proud of your celestial navigation.

Action Step:

Reflect on a recent challenge where you found hope or positivity and celebrate it.

Thought Starter:

What recent experience made you proud of your ability to find hope and positivity?

Final Pep Talk:

Enter message here Hope is your life's sun, and positivity is its moon. Keep shining.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am capable of experiencing true love and happiness with others."

Your Daily Boost:

True love and happiness are not just feelings; they're experiences to be shared. You're capable of both.

Action Step:

Reach out to someone you love or care about and share a moment of happiness today.

Thought Starter:

Who in your life helps you experience true love and happiness?

Final Pep Talk:

Love and happiness are not solo journeys; they are shared experiences. Keep sharing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-discovery."

Your Daily Boost:

Self-discovery is the compass and map of your life's journey. Be doubly thankful for it.

Action Step:

Reflect on a recent moment of self-discovery and celebrate it.

Thought Starter:

What recent self-discovery are you most thankful for?

Final Pep Talk:

Self-discovery is your life's compass and map. Keep navigating.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am deserving of a life filled with joy and fulfillment."

Your Daily Boost:

Joy and fulfillment are not just destinations; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you closer to joy or fulfillment.

Thought Starter:

How does feeling deserving of joy and fulfillment manifest in your daily life?

Final Pep Talk:

Joy is your birthright, and fulfillment is its companion. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on taking care of my physical and emotional well-being."

Your Daily Boost:

Physical and emotional well-being are the pillars of a fulfilling life. Keep your focus.

Action Step:

Engage in a physical or emotional self-care activity today.

Thought Starter:

What will you do today to take care of your physical and emotional well-being?

Final Pep Talk:

Physical and emotional well-being are your life's pillars. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to always live a life that aligns with my values and beliefs."

Your Daily Boost:

Values and beliefs are the compass and map of your life's journey. Be determined to align with them.

Action Step:

Reflect on a recent decision that aligned with your values and beliefs, and celebrate it.

Thought Starter:

What values and beliefs are most important for you to align with?

Final Pep Talk:

Values are your life's compass, and beliefs are its map. Keep navigating.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and happiness in my life."

Your Daily Boost:

Peace and happiness are the calm waters and gentle breezes of your life. Be grateful for each moment.

Action Step:

Take a moment today to express gratitude for a recent experience of peace or happiness.

Thought Starter:

What recent moment of peace or happiness are you most grateful for?

Final Pep Talk:

Peace is your life's calm water, and happiness is its gentle breeze. Enjoy the tranquility.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to growth and change in my recovery journey."

Your Daily Boost:

Growth and change are the stepping stones on your path to recovery. Embrace them openly.

Action Step:

Identify one area where you're open to growth and take a small step toward it today.

Thought Starter:

What aspect of your recovery journey are you most open to changing?

Final Pep Talk:

Growth and change are your stepping stones. Keep stepping.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am worthy of a life filled with love and positivity."

Your Daily Boost:

Love and positivity aren't just feelings; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you closer to love or positivity.

Thought Starter:

How does feeling worthy of love and positivity manifest in your daily life?

Final Pep Talk:

Love and positivity are your birthright. Claim them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my own journey and not compare myself to others."

Your Daily Boost:

Your journey is unique, and comparisons only distract. Keep your eyes on your own path.

Action Step:

Reflect on a recent accomplishment that made you proud and celebrate it.

Thought Starter:

What makes your journey unique and worth focusing on?

Final Pep Talk:

Your journey is your own. Keep your eyes on the road ahead.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to find resilience and strength in difficult times."

Your Daily Boost:

Resilience and strength aren't just qualities; they're your armor and sword. Wield them proudly.

Action Step:

Reflect on a recent challenge you overcame and celebrate your resilience.

Thought Starter:

What recent challenge made you realize your own resilience and strength?

Final Pep Talk:

Resilience is your armor, and strength is your sword. Keep fighting.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of experiencing true joy and fulfillment in my life."

Your Daily Boost:

Joy and fulfillment are not just feelings; they're experiences. You're capable of both.

Action Step:

Reach out to someone or engage in an activity that brings you joy today.

Thought Starter:

Who or what in your life brings you true joy and fulfillment?

Final Pep Talk:

Joy and fulfillment are not solo journeys; they are shared experiences. Keep sharing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-acceptance."

Your Daily Boost:

Self-discovery and self-acceptance are the keys to unlocking your full potential. Be thankful for both.

Action Step:

Reflect on a recent moment of self-acceptance and celebrate it.

Thought Starter:

What recent self-discovery or self-acceptance are you most thankful for?

Final Pep Talk:

Self-discovery is your key, and self-acceptance is the door. Keep unlocking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am deserving of a life filled with happiness and contentment."

Your Daily Boost:

Happiness and contentment are not just destinations; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you closer to happiness or contentment.

Thought Starter:

How does feeling deserving of happiness and contentment manifest in your daily life?

Final Pep Talk:

Happiness is your birthright, and contentment is its companion. Enjoy both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am focused on building healthy and supportive relationships with others."

Your Daily Boost:

Healthy relationships are the foundation of a fulfilling life. Keep your focus.

Action Step:

Reach out to someone you want to build a healthier relationship with today.

Thought Starter:

What will you do today to build a healthier relationship with someone?

Final Pep Talk:

Healthy relationships are your life's foundation. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to always seek knowledge and growth."

Your Daily Boost:

Knowledge and growth are not just goals; they're your lifelong companions. Seek them always.

Action Step:

Read an article or watch a video today that contributes to your personal growth.

Thought Starter:

What area of knowledge are you most interested in growing right now?

Final Pep Talk:

Knowledge is your compass, and growth is your path. Keep seeking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and tranquility in my life."

Your Daily Boost:

Peace and tranquility are not just states of mind; they're gifts. Be grateful for them.

Action Step:

Take a few minutes today to meditate or sit quietly, embracing peace and tranquility.

Thought Starter:

What recent moment of peace and tranquility are you most grateful for?

Final Pep Talk:

Peace and tranquility are your gifts. Keep unwrapping.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new opportunities and experiences in my recovery journey."

Your Daily Boost:

New opportunities and experiences are not just chances; they're doors. Be open to walking through them.

Action Step:

Identify a new opportunity or experience you're open to and take a step toward it today.

Thought Starter:

What new opportunity or experience are you most open to in your recovery journey?

Final Pep Talk:

New opportunities are your doors, and experiences are the rooms beyond. Keep exploring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with love and positivity."

Your Daily Boost:

Love and positivity are not just feelings; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you closer to love or positivity.

Thought Starter:

How does feeling worthy of love and positivity manifest in your daily life?

Final Pep Talk:

Love and positivity are your birthright. Claim them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my own progress and not be discouraged by setbacks."

Your Daily Boost:

Progress is not just a measure; it's your journey. Setbacks are just rest stops.

Action Step:

Reflect on a recent accomplishment, no matter how small, and celebrate it.

Thought Starter:

What recent progress are you most proud of?

Final Pep Talk:

Progress is your journey, and setbacks are just rest stops. Keep moving.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am proud of my ability to learn from my mistakes and grow."

Your Daily Boost:

Learning and growing are not just actions; they're your superpowers. Use them proudly.

Action Step:

Reflect on a recent mistake you learned from and how it contributed to your growth.

Thought Starter:

What recent mistake has been your greatest teacher?

Final Pep Talk:

Learning is your superpower, and growth is your cape. Keep flying.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of overcoming fear and uncertainty."

Your Daily Boost:

Fear and uncertainty are not just emotions; they're challenges. You're capable of overcoming them.

Action Step:

Identify a fear or uncertainty you've recently overcome and celebrate it.

Thought Starter:

What fear or uncertainty have you recently overcome?

Final Pep Talk:

Fear is your challenge, and overcoming it is your victory. Keep winning.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-awareness."

Your Daily Boost:

Self-discovery and self-awareness are not just phases; they're lifelong quests. Be thankful for the journey.

Action Step:

Take a moment today to journal about what you've recently discovered about yourself.

Thought Starter:

What recent self-discovery has had the most impact on you?

Final Pep Talk:

Self-discovery is your map, and self-awareness is your compass. Keep exploring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

shawnrumble.com



"I am deserving of a life filled with love and support."

Your Daily Boost:

Love and support are not just wants; they're needs. You deserve them.

Action Step:

Reach out to a supportive person in your life today to express gratitude.

Thought Starter:

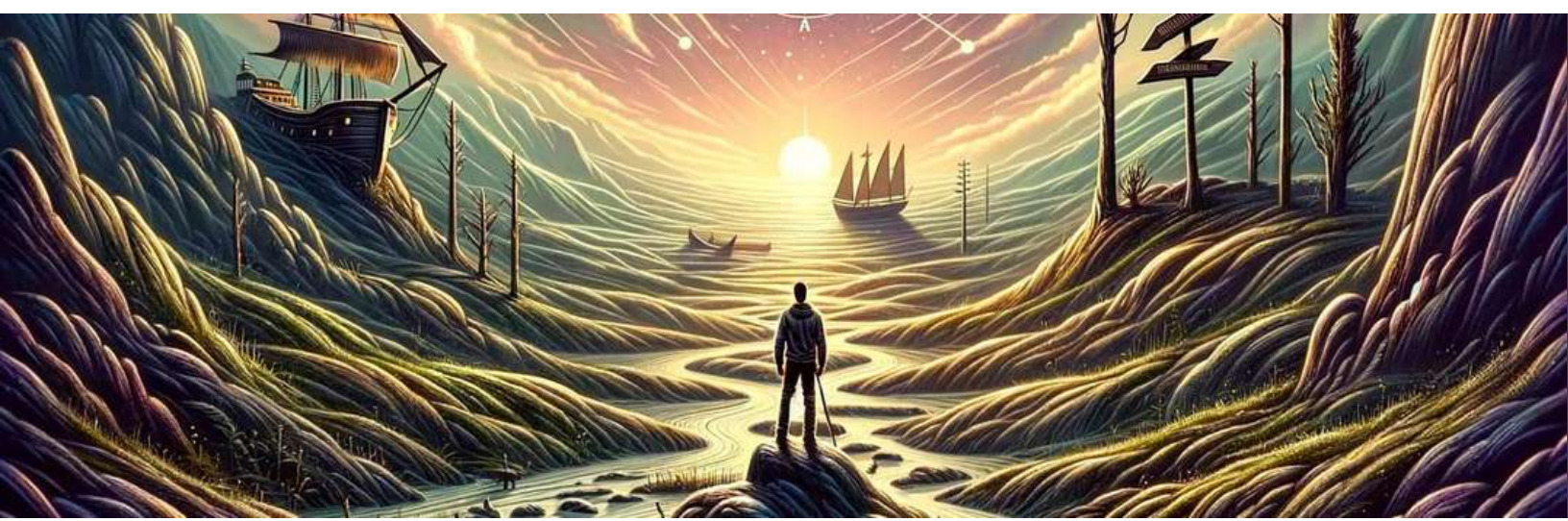
Who in your life offers you the most love and support?

Final Pep Talk:

Love is your foundation, and support is your structure. You deserve a strong life.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on staying true to myself and my values."

Your Daily Boost:

Staying true to yourself and your values is not just a choice; it's your guiding principle.

Action Step:

Reflect on one value that you feel you've upheld recently and celebrate it.

Thought Starter:

Which of your values has guided you the most recently?

Final Pep Talk:

Your values are your compass, and your true self is your North Star. Keep navigating.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

shawnrumble.com



"I am determined to live a life free from negative thoughts and habits."

Your Daily Boost:

Living free from negativity is not just a goal; it's your right. Claim it.

Action Step:

Identify a negative thought or habit you've recently overcome and celebrate it.

Thought Starter:

What negative thought or habit have you recently overcome?

Final Pep Talk:

Freedom from negativity is your right. Keep claiming it.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and harmony in my life."

Your Daily Boost:

Peace and harmony are not just states; they're blessings. Be grateful for them.

Action Step:

Take a few minutes today to meditate or sit quietly, embracing peace and harmony.

Thought Starter:

What recent moment of peace and harmony are you most grateful for?

Final Pep Talk:

Peace is your sanctuary, and harmony is your melody. Keep cherishing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new perspectives and growth in my recovery journey."

Your Daily Boost:

New perspectives and growth are not just opportunities; they're doorways. Be open to walking through them.

Action Step:

Identify a new perspective or area of growth you're open to and take a step toward it today.

Thought Starter:

What new perspective or area of growth are you most open to in your recovery journey?

Final Pep Talk:

New perspectives are your doorways, and growth is the space beyond. Keep exploring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am worthy of a life filled with joy and success."

Your Daily Boost:

Joy and success are not just goals; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you closer to joy or success.

Thought Starter:

How does feeling worthy of joy and success manifest in your daily life?

Final Pep Talk:

Joy is your birthright, and success is your milestone. Keep claiming them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on the things that bring me happiness and fulfillment."

Your Daily Boost:

Happiness and fulfillment are not just feelings; they're choices. Make them consciously.

Action Step:

Engage in an activity today that brings you happiness and fulfillment.

Thought Starter:

What activity or thing brings you the most happiness and fulfillment?

Final Pep Talk:

Happiness is your choice, and fulfillment is your reward. Keep choosing wisely.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to find peace and positivity in life."

Your Daily Boost:

Finding peace and positivity isn't just a skill; it's an art form. Be proud of your mastery.

Action Step:

Reflect on a recent situation where you found peace and positivity despite challenges.

Thought Starter:

What strategies help you find peace and positivity in challenging situations?

Final Pep Talk:

Peace is your sanctuary, and positivity is your light. Keep shining.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of experiencing true love and connection with others."

Your Daily Boost:

Love and connection aren't just emotions; they're energies. You're capable of channeling them.

Action Step:

Reach out to someone you love or feel connected to and share a meaningful moment.

Thought Starter:

Who in your life do you feel a true connection with?

Final Pep Talk:

Love is your language, and connection is your currency. Keep investing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-belief."

Your Daily Boost:

Self-discovery and self-belief aren't just phases; they're your lifelong companions. Be thankful for them.

Action Step:

Journal about a recent discovery you've made about yourself that has strengthened your self-belief.

Thought Starter:

What recent self-discovery has boosted your self-belief?

Final Pep Talk:

Self-discovery is your guide, and self-belief is your fuel. Keep moving.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with happiness and contentment."

Your Daily Boost:

Happiness and contentment aren't just states; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you happiness and contentment.

Thought Starter:

What brings you the most happiness and contentment?

Final Pep Talk:

Happiness is your birthright, and contentment is your home. Keep claiming them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on making healthy and positive choices for myself."

Your Daily Boost:

Making healthy and positive choices isn't just a goal; it's a lifestyle. Keep focusing.

Action Step:

Make a list of three healthy and positive choices you can make today.

Thought Starter:

What recent healthy choice are you most proud of?

Final Pep Talk:

Healthy choices are your building blocks, and positive choices are your decorations. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to live a life that aligns with my passions and goals."

Your Daily Boost:

Living a life aligned with your passions and goals isn't just a dream; it's your mission. Be determined.

Action Step:

Take one small step today that brings you closer to one of your passions or goals.

Thought Starter:

Which passion or goal are you most focused on right now?

Final Pep Talk:

Passions are your fire, and goals are your destination. Keep burning bright.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and serenity in my life."

Your Daily Boost:

Peace and serenity aren't just moments; they're gifts. Be grateful for them.

Action Step:

Take a few minutes today to meditate or sit quietly, embracing peace and serenity.

Thought Starter:

What recent moment of peace and serenity are you most grateful for?

Final Pep Talk:

Peace is your sanctuary, and serenity is your melody. Keep cherishing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to learning and personal growth in my recovery journey."

Your Daily Boost:

Learning and personal growth aren't just options; they're necessities. Be open to them.

Action Step:

Identify one area in which you'd like to grow in your recovery journey and take a step toward it today.

Thought Starter:

What area of personal growth are you most focused on in your recovery journey?

Final Pep Talk:

Learning is your tool, and growth is your masterpiece. Keep crafting.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with love and positivity."

Your Daily Boost:

Love and positivity aren't just feelings; they're your birthright. You're worthy of them.

Action Step:

Engage in an activity today that fills you with love and positivity.

Thought Starter:

How do you cultivate love and positivity in your life?

Final Pep Talk:

Love is your birthright, and positivity is your light. Keep shining.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my strengths and not be discouraged by my weaknesses."

Your Daily Boost:

Strengths are your superpowers, and weaknesses are just areas for growth. Choose wisely where you focus.

Action Step:

List three of your strengths and one way you can utilize each one today.

Thought Starter:

What strength have you recently discovered or developed?

Final Pep Talk:

Strengths are your assets, and weaknesses are your teachers. Keep learning.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to find resilience and strength in tough times."

Your Daily Boost:

Resilience and strength aren't just qualities; they're your armor. Wear them proudly.

Action Step:

Reflect on a recent challenge where your resilience and strength shone through.

Thought Starter:

What helps you tap into your resilience and strength during tough times?

Final Pep Talk:

Resilience is your shield, and strength is your sword. Keep fighting.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am capable of experiencing true joy and fulfillment in my life."

Your Daily Boost:

Joy and fulfillment aren't just emotions; they're your birthright. Claim them.

Action Step:

Do something today that brings you a sense of joy and fulfillment.

Thought Starter:

What activities or experiences bring you the most joy and fulfillment?

Final Pep Talk:

Joy is your melody, and fulfillment is your harmony. Keep singing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-improvement."

Your Daily Boost:

Self-discovery and self-improvement aren't just phases; they're your lifelong companions. Be thankful for them.

Action Step:

Journal about a recent discovery you've made about yourself that has led to self-improvement.

Thought Starter:

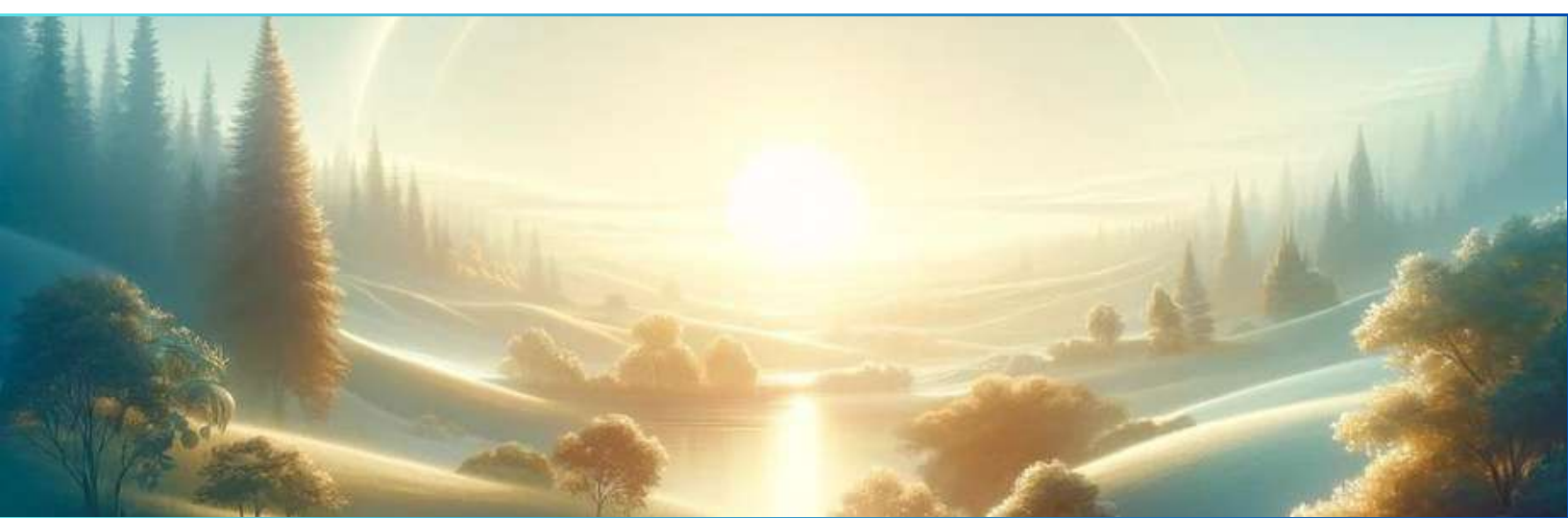
What recent self-discovery has led to self-improvement?

Final Pep Talk:

Self-discovery is your compass, and self-improvement is your journey. Keep exploring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with happiness and peace."

Your Daily Boost:

Happiness and peace aren't just states; they're your birthright. Claim them.

Action Step:

Engage in an activity today that brings you happiness and peace.

Thought Starter:

What brings you the most happiness and peace?

Final Pep Talk:

Happiness is your birthright, and peace is your sanctuary. Keep claiming them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on building healthy and supportive relationships."

Your Daily Boost:

Building healthy and supportive relationships isn't just a goal; it's a lifestyle. Keep focusing.

Action Step:

Reach out to someone you care about and take a step to strengthen that relationship.

Thought Starter:

What qualities do you value most in a healthy and supportive relationship?

Final Pep Talk:

Healthy relationships are your foundation, and supportive relationships are your pillars. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to always seek knowledge and understanding."

Your Daily Boost:

Seeking knowledge and understanding isn't just a quest; it's your mission. Be determined.

Action Step:

Read or watch something today that expands your knowledge or understanding in a specific area.

Thought Starter:

What area of knowledge or understanding are you most interested in right now?

Final Pep Talk:

Knowledge is your map, and understanding is your compass. Keep navigating.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and comfort in my life."

Your Daily Boost:

Peace and comfort aren't just moments; they're gifts. Be grateful for them.

Action Step:

Take a few minutes today to sit in silence and appreciate the peace and comfort around you.

Thought Starter:

What recent moment brought you peace and comfort?

Final Pep Talk:

Peace is your sanctuary, and comfort is your blanket. Keep cherishing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new experiences and opportunities in my recovery journey."

Your Daily Boost:

Being open to new experiences isn't just a mindset; it's a doorway to growth.

Action Step:

Identify one new experience or opportunity you can explore today in your recovery journey.

Thought Starter:

What new experience or opportunity excites you the most?

Final Pep Talk:

Openness is your key, and new experiences are your treasure. Keep unlocking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with love and success."

Your Daily Boost:

Love and success aren't just goals; they're your birthright.

Action Step:

Do something today that brings you closer to love or success.

Thought Starter:

What does a life filled with love and success look like to you?

Final Pep Talk:

Love is your essence, and success is your milestone. Keep striving.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I choose to focus on living in the present moment and not dwelling on the past."

Your Daily Boost:

Living in the present isn't just a choice; it's a lifestyle.

Action Step:

Take a few minutes today to practice mindfulness and focus on the present moment.

Thought Starter:

What helps you stay focused on the present?

Final Pep Talk:

The present is your canvas, and the past is just a sketch. Keep painting.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am proud of my ability to find hope and positivity in life."

Your Daily Boost:

Hope and positivity aren't just feelings; they're your guiding lights.

Action Step:

Reflect on a recent situation where your hope and positivity made a difference.

Thought Starter:

What fuels your sense of hope and positivity?

Final Pep Talk:

Hope is your lighthouse, and positivity is your beacon. Keep shining.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of experiencing true love and happiness with others."

Your Daily Boost:

Love and happiness aren't just emotions; they're your essence.

Action Step:

Reach out to someone you love and express your feelings.

Thought Starter:

What makes you feel truly loved and happy?

Final Pep Talk:

Love is your language, and happiness is your song. Keep expressing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-discovery."

Your Daily Boost:

Self-discovery isn't just a phase; it's a lifelong journey.

Action Step:

Journal about a recent self-discovery that has enriched your life.

Thought Starter:

What recent self-discovery has been most impactful for you?

Final Pep Talk:

Self-discovery is your map, and gratitude is your compass. Keep exploring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with joy and fulfillment."

Your Daily Boost:

Joy and fulfillment aren't just states; they're your birthright.

Action Step:

Engage in an activity today that brings you joy and fulfillment.

Thought Starter:

What brings you the most joy and fulfillment?

Final Pep Talk:

Joy is your birthright, and fulfillment is your legacy. Keep claiming them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am focused on taking care of my physical and emotional well-being."

Your Daily Boost:

Taking care of yourself isn't just a task; it's a priority.

Action Step:

Do one thing today that benefits your physical or emotional well-being.

Thought Starter:

What self-care activity makes you feel most rejuvenated?

Final Pep Talk:

Physical well-being is your vessel, and emotional well-being is your anchor. Keep sailing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to always live a life of integrity and honesty."

Your Daily Boost:

Integrity and honesty aren't just virtues; they're your foundation.

Action Step:

Reflect on a recent situation where your integrity and honesty were tested.

Thought Starter:

What does living a life of integrity and honesty mean to you?

Final Pep Talk:

Integrity is your cornerstone, and honesty is your guide. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and calm in my life."

Your Daily Boost:

Peace and calm aren't just states; they're your sanctuary.

Action Step:

Take a few minutes today to sit in silence and appreciate the peace and calm around you.

Thought Starter:

What recent moment brought you peace and calm?

Final Pep Talk:

Peace is your sanctuary, and calm is your blanket. Keep cherishing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to growth and self-reflection in my recovery journey."

Your Daily Boost:

Growth and self-reflection aren't just activities; they're your lifelong companions.

Action Step:

Spend some time journaling today to reflect on your growth in your recovery journey.

Thought Starter:

What aspect of your recovery journey would you like to focus on for growth?

Final Pep Talk:

Growth is your path, and self-reflection is your mirror. Keep walking and looking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am worthy of a life filled with love and positivity."

Your Daily Boost:

Love and positivity aren't just feelings; they're your essence.

Action Step:

Do something today that fills your life with love and positivity.

Thought Starter:

What does a life filled with love and positivity look like to you?

Final Pep Talk:

Love is your essence, and positivity is your aura. Keep shining.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on the things I can control and not waste energy on things I can't."

Your Daily Boost:

Control isn't just a concept; it's your steering wheel.

Action Step:

Identify one thing you can control today and take action on it.

Thought Starter:

What is one thing you've been wasting energy on that you can't control?

Final Pep Talk:

Control is your steering wheel, and focus is your road. Keep driving.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am proud of my ability to overcome challenges and difficulties."

Your Daily Boost:

Overcoming challenges isn't just an act; it's your superpower.

Action Step:

Reflect on a recent challenge you've overcome and celebrate it.

Thought Starter:

What recent challenge are you most proud of overcoming?

Final Pep Talk:

Challenges are your stepping stones, and pride is your trophy. Keep climbing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of experiencing true inner peace and contentment."

Your Daily Boost:

Inner peace and contentment aren't just states; they're your sanctuary.

Action Step:

Take a few minutes today to meditate and tap into your inner peace.

Thought Starter:

What brings you true inner peace and contentment?

Final Pep Talk:

Inner peace is your sanctuary, and contentment is your blanket. Keep cherishing them

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-acceptance."

Your Daily Boost:

Self-discovery and self-acceptance aren't just phases; they're your lifelong journey.

Action Step:

Journal about a recent self-discovery that has led to greater self-acceptance.

Thought Starter:

What recent self-discovery has led to greater self-acceptance for you?

Final Pep Talk:

Self-discovery is your map, and self-acceptance is your destination. Keep exploring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am deserving of a life filled with happiness and success."

Your Daily Boost:

Happiness and success aren't just goals; they're your birthright.

Action Step:

Do something today that brings you closer to happiness or success.

Thought Starter:

What does a life filled with happiness and success look like to you?

Final Pep Talk:

Happiness is your birthright, and success is your milestone. Keep striving.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on building strong and meaningful relationships with others."

Your Daily Boost:

Building relationships isn't just an activity; it's your legacy.

Action Step:

Reach out to someone today to strengthen your relationship with them.

Thought Starter:

What makes a relationship meaningful to you?

Final Pep Talk:

Relationships are your legacy, and focus is your tool. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to always strive for personal growth and development."

Your Daily Boost:

Personal growth isn't just a goal; it's your lifelong mission.

Action Step:

Identify one area of personal growth you'd like to focus on and take a step towards it today.

Thought Starter:

What area of personal growth are you most focused on right now?

Final Pep Talk:

Growth is your mission, and determination is your fuel. Keep soaring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and tranquility in my life."

Your Daily Boost:

Peace and tranquility aren't just moments; they're your sanctuary.

Action Step:

Take a few minutes today to sit in silence and appreciate the peace and tranquility around you.

Thought Starter:

What recent moment brought you peace and tranquility?

Final Pep Talk:

Peace is your sanctuary, and tranquility is your blanket. Keep cherishing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new experiences and growth opportunities in my recovery journey."

Your Daily Boost:

New experiences and growth opportunities aren't just chances; they're your open doors.

Action Step:

Identify a new experience or growth opportunity you'd like to explore in your recovery journey.

Thought Starter:

What new experience or growth opportunity are you most excited about?

Final Pep Talk:

New experiences are your open doors, and growth opportunities are your keys. Keep unlocking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

shawnrumbles.com



"I am worthy of a life filled with love and positivity."

Your Daily Boost:

Love and positivity are not just feelings; they are your birthright.

Action Step:

Perform an act of kindness today to spread love and positivity.

Thought Starter:

What does a life filled with love and positivity mean to you?

Final Pep Talk:

You are a beacon of love and positivity. Keep shining.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my own journey and not compare myself to others."

Your Daily Boost:

Your journey is unique, and it's the only one that matters for you.

Action Step:

Reflect on one achievement in your journey that you're proud of.

Thought Starter:

What part of your journey are you most proud of?

Final Pep Talk:

Your journey is your story. Keep writing it, one chapter at a time.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am proud of my ability to find joy and fulfillment in life."

Your Daily Boost:

Joy and fulfillment are not fleeting moments; they are states of being.

Action Step:

Engage in an activity today that brings you joy and fulfillment.

Thought Starter:

What activity brings you the most joy and fulfillment?

Final Pep Talk:

Joy is your melody, and fulfillment is your song. Keep singing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of experiencing true love and connection with others."

Your Daily Boost:

Love and connection are not just emotions; they are the essence of human experience.

Action Step:

Reach out to a loved one today to strengthen your connection.

Thought Starter:

Who in your life helps you experience true love and connection?

Final Pep Talk:

Love is your language, and connection is your conversation. Keep speaking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with happiness and contentment."

Your Daily Boost:

Happiness and contentment are not just states of mind; they are your birthright.

Action Step:

Do something today that contributes to your happiness and contentment.

Thought Starter:

What does a life filled with happiness and contentment look like to you?

Final Pep Talk:

Happiness is your birthright, and contentment is your sanctuary. Keep cherishing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-improvement."

Your Daily Boost:

Self-discovery and self-improvement are not just phases; they are your lifelong journey.

Action Step:

Journal about a recent self-discovery that has led to self-improvement.

Thought Starter:

What recent self-discovery has led to self-improvement for you?

Final Pep Talk:

Self-discovery is your compass, and self-improvement is your north star. Keep navigating.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on taking care of my mental and physical health."

Your Daily Boost:

Mental and physical health are not just goals; they are your lifelong commitment.

Action Step:

Engage in a physical or mental wellness activity today.

Thought Starter:

What is one thing you can do today for your mental or physical health?

Final Pep Talk:

Mental health is your foundation, and physical health is your structure. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to always seek out new knowledge and understanding."

Your Daily Boost:

Knowledge and understanding are not just pursuits; they are your lifelong quest.

Action Step:

Read or watch something educational today to expand your knowledge.

Thought Starter:

What area of knowledge are you most interested in exploring further?

Final Pep Talk:

Knowledge is your treasure, and understanding is your key. Keep unlocking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and harmony in my life."

Your Daily Boost:

Peace and harmony are not just moments; they are your sanctuary.

Action Step:

Take a few minutes today to sit in silence and appreciate the peace and harmony around you.

Thought Starter:

What recent moment brought you peace and harmony?

Final Pep Talk:

Peace is your sanctuary, and harmony is your melody. Keep cherishing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to growth and personal development in my recovery journey."

Your Daily Boost:

Growth and personal development are not just options; they are your pathways.

Action Step:

Identify one area of personal growth you'd like to focus on in your recovery journey.

Thought Starter:

What area of personal growth are you most focused on right now?

Final Pep Talk:

Growth is your mission, and personal development is your journey. Keep advancing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with love and success."

Your Daily Boost:

Love and success are not just goals; they are your birthright.

Action Step:

Take a step today towards a goal that will bring you love or success.

Thought Starter:

What does a life filled with love and success look like to you?

Final Pep Talk:

Love is your birthright, and success is your milestone. Keep reaching.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my own progress and celebrate my accomplishments."

Your Daily Boost:

Progress and accomplishments are not just milestones; they are your triumphs.

Action Step:

Celebrate a recent accomplishment, no matter how small.

Thought Starter:

What recent accomplishment are you most proud of?

Final Pep Talk:

Progress is your journey, and accomplishments are your landmarks. Keep celebrating.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to find resilience in tough times."

Your Daily Boost:

Resilience is not just a skill; it's a testament to your inner strength.

Action Step:

Reflect on a recent challenge you overcame through resilience.

Thought Starter:

What recent experience showcased your resilience?

Final Pep Talk:

Resilience is your shield, and pride is your reward. Keep standing strong.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of experiencing true joy and happiness in my life."

Your Daily Boost:

Joy and happiness are not just emotions; they are your birthright.

Action Step:

Engage in an activity today that brings you pure joy.

Thought Starter:

What activity brings you the most joy and happiness?

Final Pep Talk:

Joy is your melody, and happiness is your song. Keep singing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-belief."

Your Daily Boost:

Self-discovery and self-belief are not just phases; they are your lifelong journey.

Action Step:

Journal about a recent self-discovery that has boosted your self-belief.

Thought Starter:

What recent self-discovery has strengthened your self-belief?

Final Pep Talk:

Self-discovery is your compass, and self-belief is your north star. Keep navigating.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am deserving of a life filled with happiness and peace."

Your Daily Boost:

Happiness and peace are not just states of mind; they are your birthright.

Action Step:

Do something today that contributes to your happiness and peace.

Thought Starter:

What does a life filled with happiness and peace look like to you?

Final Pep Talk:

Happiness is your birthright, and peace is your sanctuary. Keep cherishing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on building strong and healthy relationships with others."

Your Daily Boost:

Strong and healthy relationships are not just goals; they are your lifelong commitment.

Action Step:

Reach out to a loved one today to strengthen your relationship.

Thought Starter:

Who in your life helps you build strong and healthy relationships?

Final Pep Talk:

Strength is your foundation, and healthy relationships are your structure. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to always strive for personal growth and improvement."

Your Daily Boost:

Personal growth and improvement are not just options; they are your pathways.

Action Step:

Identify one area of personal growth you'd like to focus on.

Thought Starter:

What area of personal growth are you most focused on right now?

Final Pep Talk:

Growth is your mission, and improvement is your journey. Keep advancing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and comfort in my life."

Your Daily Boost:

Peace and comfort are not just moments; they are your sanctuary.

Action Step:

Take a few minutes today to sit in silence and appreciate the peace and comfort around you.

Thought Starter:

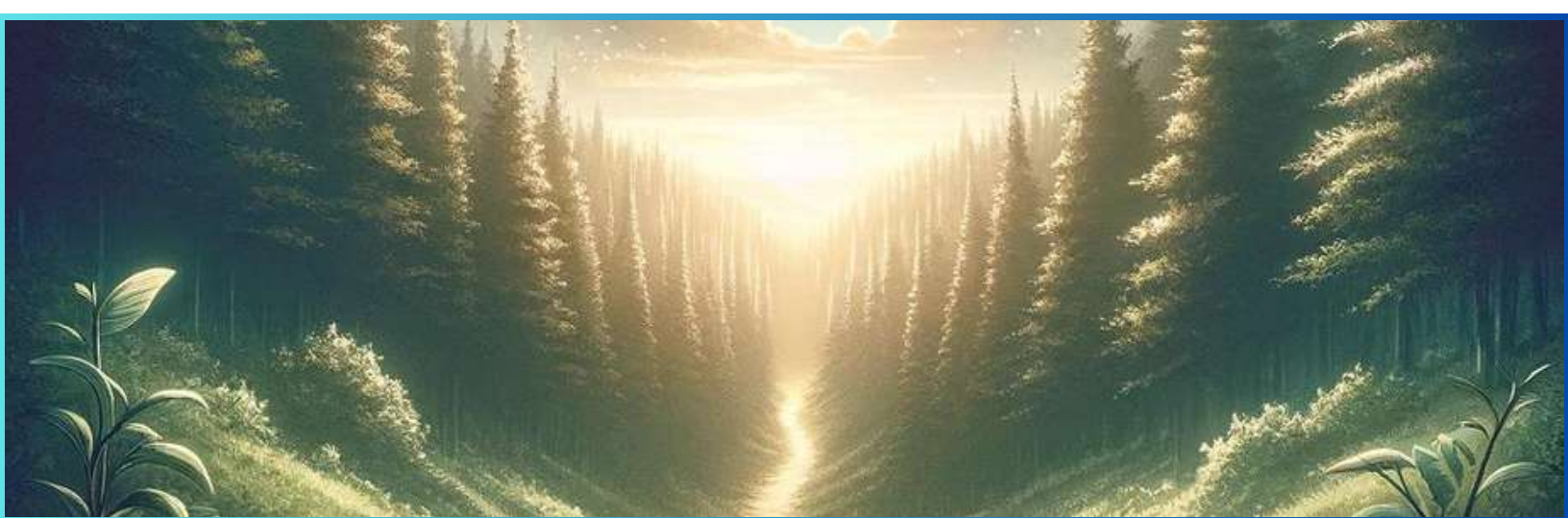
What recent moment brought you peace and comfort?

Final Pep Talk:

Peace is your sanctuary, and comfort is your blanket. Keep cherishing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new experiences and opportunities in my recovery journey."

Your Daily Boost:

New experiences and opportunities are not just chances; they are your pathways.

Action Step:

Try something new today that aligns with your recovery journey.

Thought Starter:

What new experience or opportunity are you open to in your recovery journey?

Final Pep Talk:

New experiences are your adventure, and opportunities are your treasure. Keep exploring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life filled with love and positivity."

Your Daily Boost:

Love and positivity are not just feelings; they are your birthright.

Action Step:

Perform an act of kindness today to spread love and positivity.

Thought Starter:

What does a life filled with love and positivity mean to you?

Final Pep Talk:

You are a beacon of love and a magnet for positivity. Keep shining.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my own journey and not get discouraged by setbacks."

Your Daily Boost:

Your journey and setbacks are not just phases; they are your life's narrative.

Action Step:

Reflect on a recent setback and how it has contributed to your journey.

Thought Starter:

How have recent setbacks shaped your journey?

Final Pep Talk:

Your journey is your story, and setbacks are just plot twists. Keep writing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am proud of my ability to find hope and positivity in life."

Your Daily Boost:

Hope and positivity are not just attitudes; they are your guiding lights.

Action Step:

Identify a recent situation where you found hope and positivity.

Thought Starter:

What recent experience has filled you with hope and positivity?

Final Pep Talk:

Hope is your compass, and positivity is your path. Keep walking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of experiencing true love and connection with others."

Your Daily Boost:

Love and connection are not just emotions; they are your essence.

Action Step:

Reach out to someone you love and strengthen your connection.

Thought Starter:

Who in your life makes you feel truly loved and connected?

Final Pep Talk:

Love is your essence, and connection is your gift. Keep sharing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am thankful for the journey of self-discovery and self-awareness."

Your Daily Boost:

Self-discovery and self-awareness are not just phases; they are your lifelong companions.

Action Step:

Reflect on a recent self-discovery that has increased your self-awareness.

Thought Starter:

What recent self-discovery has heightened your self-awareness?

Final Pep Talk:

Self-discovery is your map, and self-awareness is your guide. Keep exploring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am deserving of a life filled with joy and fulfillment."

Your Daily Boost:

Joy and fulfillment are not just states of being; they are your birthright.

Action Step:

Engage in an activity today that brings you joy and fulfillment.

Thought Starter:

What does a life filled with joy and fulfillment look like to you?

Final Pep Talk:

Joy is your melody, and fulfillment is your harmony. Keep playing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am focused on taking care of my mental and physical well-being."

Your Daily Boost:

Mental and physical well-being are not just goals; they are your lifelong commitments.

Action Step:

Take a few minutes today to meditate or exercise for your well-being.

Thought Starter:

What daily habits contribute to your mental and physical well-being?

Final Pep Talk:

Your well-being is your treasure, and focus is your key. Keep unlocking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to always seek knowledge and understanding."

Your Daily Boost:

Knowledge and understanding are not just pursuits; they are your lifelong quests.

Action Step:

Read or watch something educational today to expand your knowledge.

Thought Starter:

What area of knowledge are you most interested in right now?

Final Pep Talk:

Knowledge is your quest, and understanding is your reward. Keep seeking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the moments of peace and serenity in my life."

Your Daily Boost:

Peace and serenity are not just moments; they are your sanctuary.

Action Step:

Take a few minutes today to sit in silence and appreciate the peace and serenity around you.

Thought Starter:

What recent moment brought you peace and serenity?

Final Pep Talk:

Peace is your sanctuary, and serenity is your solace. Keep cherishing them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to growth and self-reflection in my recovery journey."

Your Daily Boost:

Growth and self-reflection are not just options; they are your pathways.

Action Step:

Reflect on your recovery journey and identify an area for growth.

Thought Starter:

What area of your recovery journey are you most focused on for growth?

Final Pep Talk:

Growth is your mission, and self-reflection is your mirror. Keep looking.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am worthy of a life filled with love and success."

Your Daily Boost:

Love and success are not just goals; they are your birthright.

Action Step:

Take a moment to visualize what a life filled with love and success looks like for you.

Thought Starter:

What does "success" mean to you in the context of love?

Final Pep Talk:

Love is your essence, and success is your journey. Keep embracing both.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my own journey and not compare myself to others."

Your Daily Boost:

Your journey is unique, and comparison only distracts from your path.

Action Step:

Identify one thing you can do today that aligns with your personal journey.

Thought Starter:

What makes your journey unique and special?

Final Pep Talk:

Your journey is your story, and your focus is your pen. Keep writing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my ability to overcome obstacles and challenges."

Your Daily Boost:

Obstacles and challenges are not setbacks; they are stepping stones.

Action Step:

Reflect on a recent obstacle you've overcome and how it made you stronger.

Thought Starter:

What recent challenge have you overcome?

Final Pep Talk:

Obstacles are your stepping stones, and challenges are your teachers. Keep learning.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of experiencing true happiness and contentment in my life."

Your Daily Boost:

Happiness and contentment are not just emotions; they are states of being.

Action Step:

Engage in an activity today that brings you happiness and contentment.

Thought Starter:

What brings you true happiness and contentment?

Final Pep Talk:

Happiness is your state, and contentment is your peace. Keep cherishing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the journey of self-discovery and self-confidence."

Your Daily Boost:

Self-discovery and self-confidence are not just phases; they are your lifelong companions.

Action Step:

Reflect on a recent self-discovery that has boosted your self-confidence.

Thought Starter:

What recent self-discovery has boosted your self-confidence?

Final Pep Talk:

Self-discovery is your map, and self-confidence is your compass. Keep navigating.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I am deserving of a life filled with love and positivity."

Your Daily Boost:

Love and positivity are not just states of being; they are your birthright.

Action Step:

Reach out to someone who fills your life with love and positivity.

Thought Starter:

Who in your life brings you love and positivity?

Final Pep Talk:

Love is your essence, and positivity is your light. Keep shining.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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"I am focused on building strong and meaningful relationships with others."

Your Daily Boost:

Relationships are not just connections; they are your support network.

Action Step:

Reach out to someone you want to build a stronger relationship with.

Thought Starter:

What relationship would you like to focus on strengthening?

Final Pep Talk:

Relationships are your network, and focus is your investment. Keep building.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to always strive for personal growth and development in my recovery journey."

Your Daily Boost:

Personal growth and development are not just goals; they are your lifelong commitments.

Action Step:

Identify one area in your recovery journey where you want to grow.

Thought Starter:

What area of your recovery journey are you most focused on for growth?

Final Pep Talk:

Growth is your mission, and determination is your fuel. Keep soaring.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I'm Strong, I'm Capable, Let's Make Change Happen!"

Your Daily Boost:

Today, let's not just say it, let's believe it - you are strong and more than capable of making positive shifts in your life!

Action Step:

Choose one positive change you're eager to make—big or small, it's your call. Sketch out a simple plan to make it real.

Thought Starter:

What roadblocks might pop up as you chase this change? More importantly, how can you flex your strength and smarts to breeze right past them?

Final Pep Talk:

Your strength and capability aren't just words; they're your superpowers. Use them wisely and stay tuned for another boost of inspiration tomorrow!

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Worthy of Love and Respect—From Myself and Others!"

Your Daily Boost:

Today's mantra is a heart-centered reminder that you are absolutely worthy of love and respect. Whether you're in the midst of your recovery journey or simply navigating life, remember that love and respect start with you.

Action Step:

Take a moment to reflect on how you can show yourself love and respect today. Maybe it's setting a boundary, taking time for self-care, or speaking kindly to yourself. Whatever it is, make it a priority.

Thought Starter:

Are there any obstacles that make it challenging to feel worthy of love and respect? How can you overcome these barriers to fully embrace your worth?

Final Pep Talk:

Your worthiness is non-negotiable. It's a part of who you are. Embrace it, celebrate it, and let it guide you through your journey to a brighter tomorrow.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Grateful for the Chance to Recover and Elevate My Life!"

Your Daily Boost:

*Today's focus is on ****gratitude****. You have a golden opportunity to recover and elevate your life to new heights. This isn't just a second chance; it's a chance to make everything better than before.*

Action Step:

Take a few minutes to list three things you're grateful for in your recovery journey. It could be the support of loved ones, newfound inner strength, or even the lessons learned from past challenges.

Thought Starter:

What are some ways you can express this gratitude in your daily life? Maybe it's by helping someone else in their journey or by taking a moment to appreciate how far you've come.

Final Pep Talk:

Gratitude isn't just a feeling; it's a catalyst for positive change. Let your gratitude inspire you to make today, and every day, a step forward in your epic comeback story. Feel the gratitude? Now go make today unforgettable!

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I Choose to Celebrate My Progress, Not Dwell on My Setbacks!"

Your Daily Boost:

Today, let's shift our focus. Instead of getting bogged down by setbacks, let's celebrate every win, no matter how small. Each step forward is a victory in your epic comeback story.

Action Step:

Identify one recent achievement in your recovery journey, even if it's as simple as resisting a temptation or reaching out for support. Give yourself a pat on the back; you've earned it!

Thought Starter:

What challenges have you faced recently? How did you overcome them, and what did you learn? Use these insights to fuel your future progress.

Final Pep Talk:

Progress, not perfection, is the name of the game. Each step you take forward is a testament to your resilience and a chapter in your comeback story. Feel the progress? Now go make today a milestone!

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Built for Challenges, I'm Wired for Solutions!"

Your Daily Boost:

Today, let's embrace our inner problem-solver. You're not just capable of facing challenges; you're wired to find solutions. Each obstacle is just a stepping stone on your path to an epic comeback.

Action Step:

Think of a challenge you're currently facing. Now, brainstorm at least one practical solution. You've got the skills and the will to turn this challenge into a win!

Thought Starter:

What resources or support could help you turn your solution into action? Remember, you're not alone on this journey; reach out if you need to.

Final Pep Talk:

Challenges don't define you; how you tackle them does. You're more than capable, and today's the day to prove it! Feel empowered? Now go turn those challenges into triumphs!

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Wrapped in Love, Fueled by Support!"

Your Daily Boost:

Today, let's soak in the love and support that surrounds us. Whether it's from friends, family, or even yourself, this network of care is your secret weapon for an epic recovery story.

Action Step:

Take a moment to acknowledge and thank someone who's been supportive. A simple 'thank you' can go a long way and also reinforce your own sense of being supported.

Thought Starter:

Who else could you invite into your support circle? The more love and support, the merrier—and mightier—you become.

Final Pep Talk:

You're not walking this path alone; you're leading a parade of love and support. Feel it, believe it, and let it propel you forward! Feeling the love? Now go share it and make today unforgettable!

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I Took Control, I Sought Help, I'm Proud!"

Your Daily Boost:

Today, let's celebrate YOU for taking the reins of your life and seeking the help you needed. This isn't just a step; it's a leap towards your own epic comeback story.

Action Step:

Reflect on the moment you decided to seek help. How did it feel? Use that feeling as fuel for your journey ahead.

Thought Starter:

What are some other areas in your life where taking control could bring you pride and peace?

Final Pep Talk:

Taking control and seeking help are monumental steps. Be proud, because you're not just surviving—you're thriving!

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I Trust Myself, I Overcome, I Achieve!"

Your Daily Boost:

Today, let's focus on trust—trust in your own abilities to overcome any hurdles and reach your goals. This trust is the cornerstone of your comeback story.

Action Step:

Identify one obstacle you've recently overcome and one goal you've achieved. Take a moment to celebrate these wins.

Thought Starter:

What's the next obstacle you foresee? How can your past achievements guide you in overcoming it?

Final Pep Talk:

Your abilities aren't just skills; they're your toolkit for life. Trust in them, and there's nothing you can't achieve.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

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“I Choose Now, I Live Now, I Thrive Now!”

Your Daily Boost:

Today is all about the present moment. Forget the past; don't stress about the future. Your power lies in the now, and that's where your comeback story unfolds.

Action Step:

Take 5 minutes today to practice mindfulness. Focus on your breath, your surroundings, and how you feel right now. This is your moment.

Thought Starter:

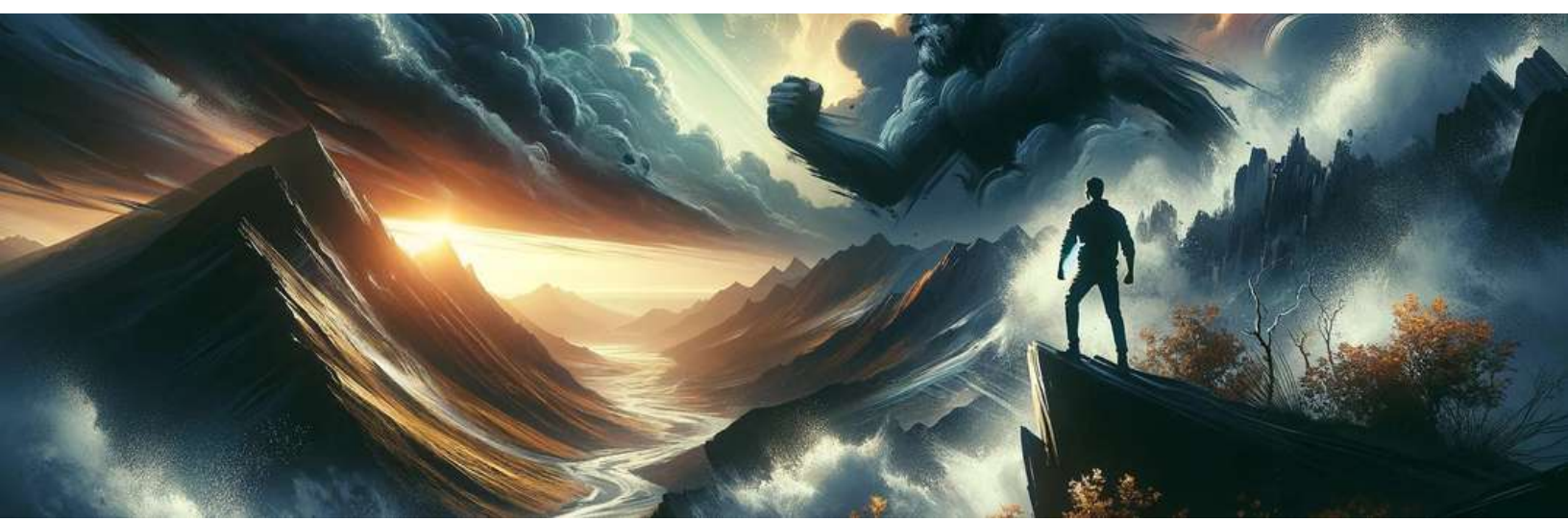
What usually distracts you from the present? How can you gently bring your focus back to now?

Final Pep Talk:

The present moment is your stage, and you're the star. Own it, live it, love it.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Resilient, I'm Relentless, I'm in Recovery!"

Your Daily Boost:

Resilience isn't just a buzzword; it's your secret weapon. No matter the hurdles, you've got the grit and determination to keep pushing forward in your recovery journey.

Action Step:

Today, reflect on a moment when you showed resilience. How did it feel? Use that energy to fuel your day.

Thought Starter:

What challenges have tested your resilience recently? How did you overcome them, or how do you plan to?

Final Pep Talk:

Your resilience is your shield and your sword in the battle for recovery. Never underestimate its power.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



“I'm Open, I'm Growing, I'm Thriving!”

Your Daily Boost:

Openness is the gateway to growth, and growth is the essence of recovery. Today, embrace the new experiences that come your way. They're not just happenings; they're opportunities for growth.

Action Step:

Identify one new experience you're willing to try today. It could be as simple as a new recovery technique or as adventurous as a new hobby. The point is to grow.

Thought Starter:

What's been holding you back from trying new things? How can you use your openness to overcome these barriers?

Final Pep Talk:

Being open to new experiences isn't just about saying yes to life; it's about saying yes to a better, more vibrant you.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!

Recovery Reset

s h a w n r u m b l e . c o m



"I Deserve Health, I Deserve Happiness, I Deserve Life!"

Your Daily Boost:

You're not just surviving; you're deserving of a life filled with health and happiness. Today, let's internalize this truth: You are worthy of all the good things life has to offer.

Action Step:

List three things that make you happy and healthy. Now, make a plan to incorporate at least one into your day. You deserve it!

Thought Starter:

What has been stopping you from believing you deserve a healthy, happy life? How can you challenge those thoughts starting today?

Final Pep Talk:

Deserving isn't a privilege; it's your birthright. Own it, live it, and make your life the masterpiece it's meant to be.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"Strength in Recovery, Courage in Action, Joy in Every Step!"

Your Daily Boost:

Recovery is a journey that takes strength and courage, but it's also a path to joy. Remember, each step forward is a step towards a life where joy isn't just present; it's abundant.

Action Step:

Identify a moment of strength, an act of courage, and a source of joy in your life. Plan to celebrate these today, because your journey is as much about finding happiness as it is about healing.

Thought Starter:

*Consider the moments when joy seemed distant. What strengths have you drawn on to bring it closer?
How can your courage today lead to happiness tomorrow?*

Final Pep Talk:

You're not just on a path to recovery; you're paving a road to joy. Let your strength and courage be the guide, and let every joyful moment be a landmark. You've got this!

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Proud of Me, I'm Becoming Who I Want to Be!"

Your Daily Boost:

Today is all about celebrating YOU—your progress, your growth, and the incredible person you're becoming. Let's take a moment to give yourself a pat on the back. You've earned it!

Action Step:

Reflect on a recent achievement or milestone in your recovery journey. How did it make you feel? Capture that feeling and carry it with you throughout the day.

Thought Starter:

What's the next milestone you're aiming for? What steps can you take today to get closer to it?

Final Pep Talk:

Progress isn't just about the destination; it's about enjoying and learning from the journey. Be proud of every step you take.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Worthy of Forgiveness, From Myself and Others!"

Your Daily Boost:

Forgiveness is a gift you give to yourself and others. Today, let's focus on embracing that you are worthy of this gift. Whether it's forgiving yourself for past mistakes or accepting forgiveness from others, you deserve peace and freedom.

Action Step:

Identify one thing you've been holding onto that you're ready to forgive. Take a moment to consciously let it go, and feel the weight lift off your shoulders.

Thought Starter:

What has been the hardest thing for you to forgive? What steps can you take to work towards forgiveness?

Final Pep Talk:

Forgiveness is not a sign of weakness; it's a sign of strength and maturity. It's a crucial step in your recovery and your journey to a happier life.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Capable of Letting Go of What No Longer Serves Me!"

Your Daily Boost:

Today is all about the art of letting go. You have the power to release what's holding you back, whether it's a habit, a thought pattern, or even a relationship that's no longer serving you.

Action Step:

Identify one thing in your life that you're ready to let go of. Take a moment to acknowledge its impact and then consciously decide to move on.

Thought Starter:

What has been keeping you from letting go? How can you overcome this barrier?

Final Pep Talk:

Letting go is an act of courage and a significant step towards your personal freedom. You're not losing; you're making room for something better.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Committed to My Recovery and My Future!"

Your Daily Boost:

Commitment is the cornerstone of any successful journey, especially in recovery. Today, let's reaffirm that commitment. You're not just doing this for today; you're doing it for all your tomorrows.

Action Step:

Write down your top three reasons for staying committed to your recovery and your future. Keep this list somewhere you can see it daily.

Thought Starter:

What could potentially shake your commitment? How will you stay steadfast when faced with these challenges?

Final Pep Talk:

Your commitment is your compass, guiding you through the highs and lows. Keep your eyes on the prize and remember why you started this journey in the first place.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Thankful for the Positive People and Experiences in My Life!"

Your Daily Boost:

Gratitude is a game-changer, especially in recovery. Today, let's focus on the positive people and experiences that enrich our lives. They're not just extras; they're essential.

Action Step:

Make a list of three people and three experiences you're thankful for. Reach out to those people to express your gratitude, even if it's just a quick message.

Thought Starter:

How do these positive influences contribute to your recovery and overall well-being?

Final Pep Talk:

Gratitude isn't just a feeling; it's fuel for your journey. The more you recognize and appreciate the good in your life, the more empowered you'll feel.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Deserving of Peace and Contentment!"

Your Daily Boost:

You're not just surviving; you're striving for a life filled with peace and contentment. Remember, you're more than deserving of these blessings. Let's make today a stepping stone toward that tranquil future.

Action Step:

Take 5 minutes today to sit in silence. Focus on your breath and let peace fill your mind and body. This simple act can be a cornerstone in building a life of contentment.

Thought Starter:

What does 'peace and contentment' look like for you? How can you incorporate more of it into your daily life?

Final Pep Talk:

Peace and contentment aren't just lofty ideals; they're your birthright. Claim them, nurture them, and watch how they transform your journey.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Laser-Focused on My Goals and My Recovery!"

Your Daily Boost:

Today is all about focus and direction. You've set your sights on recovery and the goals that come with it. Now, let's channel that focus into action. You've got this!

Action Step:

Write down one short-term and one long-term goal for your recovery. Place them somewhere you'll see every day as a constant reminder of your focus.

Thought Starter:

What are some distractions that could derail your focus? How can you proactively minimize or eliminate them?

Final Pep Talk:

Your goals aren't just dreams; they're your roadmap to a fulfilling life. Keep your eyes on the prize and remember, you're more than capable of achieving them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Determined to Live Free from Problematic Behaviors!"

Your Daily Boost:

Today, let's embrace your determination to break free from behaviors that don't serve you. You have the power to rewrite your life script, starting now.

Action Step:

Identify one problematic behavior you're determined to change. Write down actionable steps to start making that change today.

Thought Starter:

What has kept you tied to this behavior in the past? How can your newfound determination help you break free?

Final Pep Talk:

Determination is more than a feeling; it's a commitment to yourself. Use it as your driving force to live a life you're proud of.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Proud of Myself for Taking the First Step!"

Your Daily Boost:

Today is all about celebrating YOU and the courageous first step you've taken towards recovery. Remember, every journey starts with a single step, and you've already made it!

Action Step:

Reflect on what motivated you to take this first step. Write it down and keep it somewhere you can see it daily as a reminder of your courage.

Thought Starter:

What fears or hesitations did you have to overcome to take this first step? How does it feel to have conquered them?

Final Pep Talk:

Taking the first step is a monumental achievement. Be proud, and know that this is just the beginning of an incredible journey ahead.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Capable of Overcoming My Fears and Insecurities!"

Your Daily Boost:

Today, let's focus on your inner strength and resilience. You have the power to face your fears and insecurities head-on, turning them into stepping stones on your path to recovery.

Action Step:

Identify a fear or insecurity that's been holding you back. Create a plan to confront it, and take the first step today.

Thought Starter:

What strategies can you employ to overcome this fear or insecurity? How will conquering it make you feel?

Final Pep Talk:

You're stronger than your fears and insecurities. Use today to prove it to yourself and take another step closer to your recovery goals.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Grateful for the Lessons I've Learned and the Person I'm Becoming!"

Your Daily Boost:

Today is all about gratitude and growth. Every lesson you've learned has shaped you into the person you are today. Embrace these lessons as valuable stepping stones on your path to recovery.

Action Step:

Reflect on a lesson you've recently learned and how it has positively impacted your life. Write it down and place it somewhere you can see it daily.

Thought Starter:

What was a turning point in your recovery journey? How did that lesson shape your perspective?

Final Pep Talk:

Your journey is filled with lessons that are molding you into a stronger, wiser individual. Be grateful for each one, as they're the chapters in your epic comeback story.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on my well-being and taking care of myself."

Your Daily Boost:

Self-care isn't selfish; it's essential. By focusing on your well-being, you're setting yourself up for long-term success in recovery and life.

Action Step:

Schedule a 30-minute block today just for self-care. It could be a walk, a meditation session, or even a power nap.

Thought Starter:

How does prioritizing your well-being contribute to your overall recovery?

Final Pep Talk:

Taking care of yourself is the first step in being able to take care of others and fulfill your goals. You've got this!

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I Choose Positivity Over Negativity, Every Time!"

Your Daily Boost:

Today is all about choice. You have the power to choose positivity over negativity, to focus on what lifts you up rather than what drags you down. Make that choice today and watch how it transforms your outlook.

Action Step:

Identify a negative thought you've been holding onto. Now, replace it with a positive affirmation. Keep this affirmation handy and repeat it whenever that old negative thought tries to creep back in.

Thought Starter:

What triggers your negative thoughts? How can you proactively counter them with positivity?

Final Pep Talk:

Choosing positivity is choosing yourself. It's choosing a life that's vibrant, fulfilling, and aligned with your highest potential.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Open to Help, I'm Open to Growth!"

Your Daily Boost:

Being open to receiving help and support is a sign of strength, not weakness. Today, let's embrace the power of community and connection. You don't have to walk this journey alone.

Action Step:

Reach out to someone you trust and share a challenge you're currently facing. Sometimes, just speaking it out loud can bring new perspectives.

Thought Starter:

What has held you back from seeking help before? How can you overcome these barriers?

Final Pep Talk:

Being open to help means you're committed to your own growth and transformation. That's something to be proud of.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Proud of Me, I Celebrate My Wins!"

Your Daily Boost:

Today is all about recognizing and celebrating your accomplishments, no matter how small they may seem. Each step forward is a victory in your recovery journey.

Action Step:

Take a moment to list three things you've accomplished recently. Give yourself a pat on the back—you've earned it!

Thought Starter:

What's an accomplishment you're aiming for next? How will you feel when you achieve it?

Final Pep Talk:

Your progress is your own, and every step you take brings you closer to the person you want to be. Be proud of your journey.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Committed, I'm Focused, My Future Awaits!"

Your Daily Boost:

Today, let's affirm your commitment to making positive choices that shape a brighter future. Your future self will thank you for the steps you take today.

Action Step:

Identify one choice you can make today that your future self will thank you for. It could be as simple as attending a support group or as significant as setting a long-term goal.

Thought Starter:

What's one thing you can do today to make tomorrow better? How will this choice impact your future?

Final Pep Talk:

Commitment is your ticket to a future filled with possibilities. Stay committed, stay focused, and watch how your future unfolds.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Grateful, I'm Courageous, My Strength Shines Through!"

Your Daily Boost:

Today, let's take a moment to honor the strength and courage that reside within you. These are the qualities that have brought you this far and will continue to guide you on your journey.

Action Step:

Reflect on a moment when your inner strength and courage were evident. How did it feel? How can you tap into that strength today?

Thought Starter:

What are some ways you can cultivate gratitude for your inner strength and courage? How can you use these qualities to propel you forward?

Final Pep Talk:

Your strength and courage are not just words; they're your inner superpowers. Be grateful for them, and let them guide you to new heights.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Capable, I'm Joyful, My Recovery Shines!"

Your Daily Boost:

Today, let's focus on the joy and happiness that recovery can bring. You are more than capable of finding these positive emotions as you navigate your journey.

Action Step:

Identify one small thing that brings you joy or happiness and incorporate it into your day. It could be as simple as listening to a favorite song or taking a short walk.

Thought Starter:

What are some ways you can cultivate joy and happiness in your daily life? How can these positive emotions support your recovery?

Final Pep Talk:

Your capability to find joy and happiness is a testament to your resilience and strength. Embrace it as you continue on your path to recovery.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I'm Thankful, I'm Growing, My Journey is My Classroom!"

Your Daily Boost:

Today, let's give thanks for the incredible opportunities for growth and self-discovery that come with your recovery journey. Every challenge is a lesson, and every lesson makes you stronger.

Action Step:

Reflect on a recent challenge you've faced and identify the lesson it taught you. How has it contributed to your growth and self-discovery?

Thought Starter:

What are some other opportunities for growth and self-discovery that you can be thankful for? How can you leverage these opportunities to enhance your recovery?

Final Pep Talk:

Being thankful for your journey means embracing both its ups and downs as opportunities for growth. You're not just surviving; you're thriving and discovering new facets of yourself along the way.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



I am deserving of a life full of love and purpose

Your Daily Boost:

You are absolutely deserving of love and purpose. Don't let past mistakes or setbacks make you think otherwise. Today, embrace your worthiness.

Action Step:

Write down three ways you can show love to yourself and three steps to add purpose to your day. Act on at least one from each list.

Thought Starter:

How does acknowledging your worthiness affect your journey to recovery?

Final Pep Talk:

You are worthy, and your life has immense value. Own that truth today and let it guide your actions. You deserve the best.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



I am proud of my resilience and determination.

Your Daily Boost:

Resilience and determination are your superpowers. They've gotten you through tough times and they'll continue to propel you forward.

Action Step:

Reflect on a past challenge you've overcome. Write down what it taught you about your own resilience and determination.

Thought Starter:

In what ways has your resilience served you in your recovery journey?

Final Pep Talk:

Be proud of how far you've come, and excited for how far you'll go. Your resilience is your rocket fuel.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"My Recovery is My Truth, Regardless of Others' Views!"

Your Daily Boost:

Embracing your truth in recovery means accepting that not everyone will see the progress you've made. Today, let's focus on the strength of your journey and the personal truths you've claimed, not the unfounded opinions of others.

Action Step:

Reflect on any negative perceptions you've encountered and write them down. Then, next to each one, write a truth about your recovery. This act of affirmation is your shield and your declaration of independence from judgment.

Thought Starter:

Consider why the opinions of others have weighed on you. What strength can you draw from to fortify your belief in your recovery process?

Final Pep Talk:

Standing tall in the face of skepticism is the mark of a true warrior. Remember, you're the author of your story, and every step forward is a line in your victory song. You're growing, you're thriving, and you're becoming who you're meant to be.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to make the most of my recovery."

Your Daily Boost:

Recovery is not just about avoiding pitfalls; it's about building a life you don't want to escape from. Your determination is key.

Action Step:

Identify one area of your life you'd like to improve as part of your recovery. Take one small step today to work on it.

Thought Starter:

What does "making the most of your recovery" mean to you?

Final Pep Talk:

Your determination is your compass, guiding you towards a fulfilling life. Stay the course, and amazing things will happen.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the support and encouragement of those around me."

Your Daily Boost:

Support and encouragement are invaluable gifts on your journey. Today, take a moment to appreciate those who lift you up.

Action Step:

Send a thank-you message to at least three people who have been supportive in your life. Let them know how much they mean to you.

Thought Starter:

How does the support of others empower you in your recovery?

Final Pep Talk:

Gratitude amplifies goodness. By acknowledging the support you have, you make room for even more positivity in your life.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new beginnings and making positive changes."

Your Daily Boost:

Being open to new beginnings is the first step in transforming your life. Today, embrace the possibilities that come with change.

Action Step:

Write down one new beginning you're excited about and one positive change you want to make. Take a small step toward each today.

Thought Starter:

What new beginnings are you most looking forward to in your recovery journey?

Final Pep Talk:

Change is the only constant. Embrace it, and watch as new doors of opportunity open for you.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life without problematic behaviors."

Your Daily Boost:

You are more than your past actions or current struggles. You are worthy of a fulfilling life that aligns with your true self.

Action Step:

Identify one problematic behavior you want to change. Write down a plan for how you'll address it, starting today.

Thought Starter:

How will eliminating problematic behaviors improve your quality of life?

Final Pep Talk:

You have the power to shape your life. Start by shaping your behaviors, and the rest will follow.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to focus on my progress and the person I am becoming."

Your Daily Boost:

Progress, not perfection, is what truly matters. Celebrate each step you take toward becoming the person you aspire to be.

Action Step:

Reflect on one area where you've made progress recently. Celebrate this win, no matter how small.

Thought Starter:

How does focusing on progress rather than perfection affect your mindset?

Final Pep Talk:

Every step forward is a victory. Keep your eyes on your progress and continue to evolve.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of overcoming obstacles and reaching my goals."

Your Daily Boost:

Obstacles are just stepping stones on your path to success. Your capability to overcome them defines your journey.

Action Step:

Identify one obstacle you're currently facing and brainstorm ways to overcome it. Take the first step today.

Thought Starter:

What recent obstacle have you overcome and what did it teach you?

Final Pep Talk:

You have the strength and capability to overcome anything that stands in your way. Keep pushing forward.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my perseverance and commitment to recovery."

Your Daily Boost:

Perseverance and commitment are the cornerstones of any successful recovery. Be proud of your dedication.

Action Step:

Write down three achievements in your recovery journey that you're proud of. Reflect on them whenever you need a boost.

Thought Starter:

How has your commitment to recovery evolved over time?

Final Pep Talk:

Your perseverance is your badge of honor. Wear it proudly and continue to commit to your journey

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the opportunity to learn and grow."

Your Daily Boost:

Every experience, good or bad, offers a chance to learn and grow. Embrace these opportunities with gratitude.

Action Step:

Think of a recent experience that taught you something valuable. Share this lesson with someone you trust.

Thought Starter:

What is one lesson you're thankful to have learned in your recovery journey?

Final Pep Talk:

Life is a classroom, and you're an eager student. Keep learning, keep growing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with positivity and hope."

Your Daily Boost:

You deserve all the good that life has to offer. Positivity and hope are not luxuries; they're necessities for your well-being.

Action Step:

List three positive affirmations that instill hope. Repeat them throughout the day.

Thought Starter:

How does maintaining a positive outlook impact your recovery?

Final Pep Talk:

Positivity and hope are your allies. Welcome them into your life and watch how they transform you.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on my future and what I want to achieve."

Your Daily Boost:

Your future is a canvas waiting for you to paint it. Today, let your focus be your brush and your goals be your palette.

Action Step:

Write down three specific goals you want to achieve in the next month. Outline the first steps to reach them.

Thought Starter:

How does having a focus on your future help you in your current journey?

Final Pep Talk:

Your future is yours to shape. Keep your eyes on the prize and take purposeful steps toward it.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to make the most of my life."

Your Daily Boost:

Life is a precious gift. Your determination to make the most of it is the key to unlocking its full potential.

Action Step:

Identify one activity that brings you joy and make time for it today. Savor the moment.

Thought Starter:

What does "making the most of your life" mean to you?

Final Pep Talk:

Your life is a treasure trove of possibilities. Be determined to explore every facet.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the love and support of those around me."

Your Daily Boost:

Love and support are the pillars that hold you up. Today, take a moment to appreciate these invaluable gifts.

Action Step:

Reach out to three people who have been pillars of support in your life. Express your gratitude.

Thought Starter:

How does the love and support of others enrich your life?

Final Pep Talk:

Gratitude is the heart's memory. Keep it alive by acknowledging the love and support you receive.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new opportunities and experiences in my journey."

Your Daily Boost:

Being open to new experiences is like opening windows in a well-ventilated room. It refreshes your journey and brings in new perspectives.

Action Step:

Do something out of your comfort zone today. It could be as simple as trying a new food or taking a different route on your walk.

Thought Starter:

What new opportunity or experience are you most excited about?

Final Pep Talk:

Openness is the key to growth. Unlock new opportunities and watch your journey flourish.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of happiness and contentment."

Your Daily Boost:

You deserve every bit of happiness and contentment that comes your way. Don't settle for less.

Action Step:

List three things that make you happy and spend a few moments today enjoying them.

Thought Starter:

How does acknowledging your worthiness for happiness affect your state of mind?

Final Pep Talk:

You are a magnet for happiness and contentment. Attract them by knowing your worth.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to let go of the past and focus on the present."

Your Daily Boost:

The past is a place of reference, not residence. Today, choose to live in the now and make the most of it.

Action Step:

Practice mindfulness for 10 minutes today. Focus on your breath and let go of any lingering thoughts about the past.

Thought Starter:

How does letting go of the past empower you in the present?

Final Pep Talk:

The present is your playground. Let go of yesterday's worries and embrace today's possibilities.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my courage to seek help and start my recovery journey."

Your Daily Boost:

Courage is the first step in any journey, especially one as important as recovery. Be proud of taking that step.

Action Step:

Share your story of courage with someone you trust. It could inspire them and reinforce your own commitment.

Thought Starter:

How did taking the courageous step to seek help change your life?

Final Pep Talk:

Courage is your launching pad. Be proud of it and let it propel you forward.

#YourJourney, #YourStory, #YourRecovery
They're not just tags, they're our mission!



"I am capable of forgiving myself and others."

Your Daily Boost:

Forgiveness is a gift you give to yourself as much as to others. It frees you from the chains of the past.

Action Step:

Write down the names of three people you want to forgive, including yourself. Say a forgiveness affirmation for each.

Thought Starter:

How did taking the courageous step to seek help change your life?

Final Pep Talk:

Courage is your launching pad. Be proud of it and let it propel you forward.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the progress I have made and the person I am becoming."

Your Daily Boost:

Progress is a journey, not a destination. Celebrate each step you take toward becoming your best self.

Action Step:

List three achievements or improvements you've made recently. Take a moment to feel grateful for them.

Thought Starter:

What recent progress are you most thankful for?

Final Pep Talk:

Gratitude for your progress fuels further growth. Keep going, you're on the right track.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a healthy and fulfilling life."

Your Daily Boost:

You are worthy of all the health, happiness, and fulfillment life has to offer. Don't settle for less.

Action Step:

Identify one healthy habit you want to incorporate into your life. Start practicing today.

Thought Starter:

How does believing you deserve a healthy life influence your choices?

Final Pep Talk:

You deserve the best life has to offer. Claim it by making healthy and fulfilling choices.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on self-improvement and growth."

Your Daily Boost:

Self-improvement is a never-ending journey, but one that's incredibly rewarding. Keep your focus sharp and your aspirations high.

Action Step:

Choose one skill or trait you'd like to improve. Dedicate 15 minutes today to work on it.

Thought Starter:

What area of self-improvement are you currently focused on?

Final Pep Talk:

Your focus on growth is the lens through which you'll see your future successes. Keep it clear and keep moving forward.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am determined to maintain my sobriety and lead a positive life."

Your Daily Boost:

Sobriety is more than just abstaining; it's about building a life where you don't feel the need to escape. Your determination is your cornerstone.

Action Step:

Identify one trigger that challenges your sobriety and come up with a strategy to cope with it.

Thought Starter:

How does your determination to stay sober influence your daily choices?

Final Pep Talk:

Your determination is your shield and your sword. Use it to protect your sobriety and carve out a positive life.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am grateful for the strength and resilience I have within me."

Your Daily Boost:

Strength and resilience aren't just qualities; they're your inner allies. Be grateful for them, they make you unstoppable.

Action Step:

Reflect on a moment when your strength and resilience were tested. Celebrate how you overcame it.

Thought Starter:

How do strength and resilience manifest in your life?

Final Pep Talk:

Your inner strength and resilience are your secret superpowers. Use them wisely.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am open to new ideas and ways of thinking in my recovery."

Your Daily Boost:

Openness is the gateway to growth. New ideas and perspectives can enrich your recovery journey in unexpected ways.

Action Step:

Read an article or watch a video about a recovery method or philosophy you're unfamiliar with.

Thought Starter:

What new idea or approach are you considering incorporating into your recovery?

Final Pep Talk:

Open minds open doors. Be receptive to new ideas and watch your recovery journey flourish.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am worthy of a life full of meaning and purpose."

Your Daily Boost:

You are not defined by your past or your challenges. You are worthy of a life that aligns with your deepest values and aspirations.

Action Step:

Write down three things that give your life meaning and purpose. Make time for them this week.

Thought Starter:

How does living a life of meaning and purpose affect your recovery?

Final Pep Talk:

You are the author of your life's story. Make it meaningful, make it purposeful.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I choose to embrace positivity and let go of negativity."

Your Daily Boost:

Positivity is a choice, and it's one that can transform your life. Let go of negativity and embrace the good.

Action Step:

Identify one negative thought you often have and replace it with a positive affirmation.

Thought Starter:

How does embracing positivity impact your mental and emotional well-being?

Final Pep Talk:

Positivity is your light in the darkness. Let it guide you to a brighter future.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am proud of my journey and the progress I have made."

Your Daily Boost:

Every step you've taken, every challenge you've overcome, adds up to a journey worth being proud of.

Action Step:

Take a moment to reflect on your journey so far. Write down three milestones you're particularly proud of.

Thought Starter:

What aspects of your journey make you feel the proudest?

Final Pep Talk:

Your journey is your own unique path. Be proud of it, for it has made you who you are today.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am capable of managing my thoughts and emotions."

Your Daily Boost:

Your thoughts and emotions are like a garden; manage them well, and you'll cultivate a healthy mind.

Action Step:

Practice a 5-minute mindfulness exercise today to become aware of your thoughts and emotions.

Thought Starter:

How has managing your thoughts and emotions benefited your recovery?

Final Pep Talk:

You are the master of your inner world. Take charge and cultivate positivity.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am thankful for the opportunity to learn from my experiences."

Your Daily Boost:

Every experience, good or bad, is a lesson in disguise. Embrace them with gratitude and grow.

Action Step:

Reflect on a recent experience that taught you something valuable. Share this lesson with someone you trust.

Thought Starter:

What recent experience are you most thankful for, and what did it teach you?

Final Pep Talk:

Life is the best teacher, and you're an excellent student. Keep learning and growing.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am deserving of a life filled with love and joy."

Your Daily Boost:

You are worthy of all the love and joy the world has to offer. Don't settle for anything less.

Action Step:

List three things that bring you joy and love. Make time to enjoy them today.

Thought Starter:

How does believing you deserve love and joy influence your daily choices?

Final Pep Talk:

Love and joy are not just feelings; they're your birthright. Claim them.

#YourJourney, #YourStory, #YourRecovery

They're not just tags, they're our mission!



"I am focused on taking care of myself and my well-being."

Your Daily Boost:

Self-care is not a luxury; it's a necessity. Prioritize your well-being and everything else will fall into place.

Action Step:

Schedule a 30-minute block today just for self-care. It could be a walk, a meditation session, or even a power nap.

Thought Starter:

How does focusing on self-care contribute to your overall well-being?

Final Pep Talk:

Taking care of yourself is the first step in taking care of everything else. You've got this!

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"I am determined to overcome any challenges in my recovery."

Your Daily Boost:

Challenges are not roadblocks; they're stepping stones. Your determination will turn them into milestones.

Action Step:

Identify one challenge you're currently facing in your recovery. Write down a plan to overcome it.

Thought Starter:

What recent challenge have you overcome and what did it teach you?

Final Pep Talk:

Challenges are just detours on the road to success. Stay determined and you'll get there.

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"I am grateful for the support and encouragement of those around me."

Your Daily Boost:

As the year comes to a close, take a moment to appreciate the people who've supported you. They're your pillars of strength.

Action Step:

Send a thank-you message to at least three people who have been supportive this year. Let them know how much they mean to you.

Thought Starter:

How has the support of others been instrumental in your journey this year?

Final Pep Talk:

Gratitude is the best way to end the year. Carry it with you into the next.

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