

Hope, Healing and Recovery by Kate Nichols

Happiness comes in different shapes and forms
Optimism toward the future
Persistence even in hard times
Empathy for others

Human, you are human, you make mistakes, it's OK
Even after all you've been through, you're still here
Accepted is what you are
Loyal to recovering
Invincible you can do this
Normal to have change, what matter is how you handle it
Genuinely want to heal

Responsible with your choices
Enjoy what you love most
Courage to do the right thing
Original, you are original, there is only one of you
Value others presence and support
Excitement for the future
Respectful to others
Yearn to better