



# FRESH START 5 MINUTES TO WIN IT!

One Day At A Time

Date: \_\_\_\_\_

## MORNING FOUNDATION

TODAY, I AM GRATEFUL FOR... (List 2-3 things)

TODAY WOULD BE GREAT IF... (List 2-3 things)

TODAY I AM... (List 1 positive affirmation)

TODAY I WILL... (List 1-3 recovery goal(s))

*"Just for today, I will try to get a better perspective on my life."*

## NIGHTLY REFLECTION

TODAY, THESE AMAZING THINGS HAPPENED... (List 2-3 things)

TODAY, COULD HAVE BEEN EVEN BETTER IF... (List 2-3 things)

TODAY, I LEARNED... (List 1-3 things)

TODAY, I... (Give an overall outlook on your day)

TOMORROW, I LOOK FORWARD TO... (Take charge of tomorrow, today)

*"I will keep coming back because it works when I work it and I work it because I'm worth it!"*