MYRECOVERYPAL

30-Day Recovery Journal

Daily Prompts, Quotes, and Reflections

A month-long journey of self-discovery, healing, and growth. Each day brings new insights and opportunities for reflection on your path to recovery.

Welcome to Your Recovery Journey

This 30-day journal is designed to support you through your recovery journey with daily prompts, inspirational quotes, and structured reflection exercises. Each day offers a unique opportunity to explore your thoughts, celebrate your progress, and build lasting habits for sustained recovery.

Remember, recovery is not a linear path. Some days will feel easier than others, and that's perfectly normal. This journal is your safe space to be honest with yourself, track your growth, and recognize the strength within you.

What You'll Find Each Day:

- Inspirational quote to guide your day
- Meditation prompt for mindful reflection
- ? Thought-provoking reflection question
- Gratitude practice to cultivate positivity
- Daily affirmation for strength and encouragement
- Trigger log to increase self-awareness
- Random insight prompt for creative reflection

"The journey of a thousand miles begins with a single step."

Progress, not perfection.

— Unknown



Meditation Prompt

Practice a body scan. Where do you hold tension?

?

Reflection Question

How did you show yourself compassion?



Gratitude List

Talents or skills you're grateful for:

	Trigger Log
	Reminders of past behavior:
P	Random Insight
	How can you offer support to someone else?

One day at a time.

— AA Serenity Prayer



Practice a body scan. Where do you hold tension?

Reflection Question

What strength did you use today?



Gratitude List

Acts of kindness you witnessed:

I am stronger than my struggles.
Trigger Log Urges experienced and response:
Random Insight What boundary did you maintain?

Faith without works is dead.

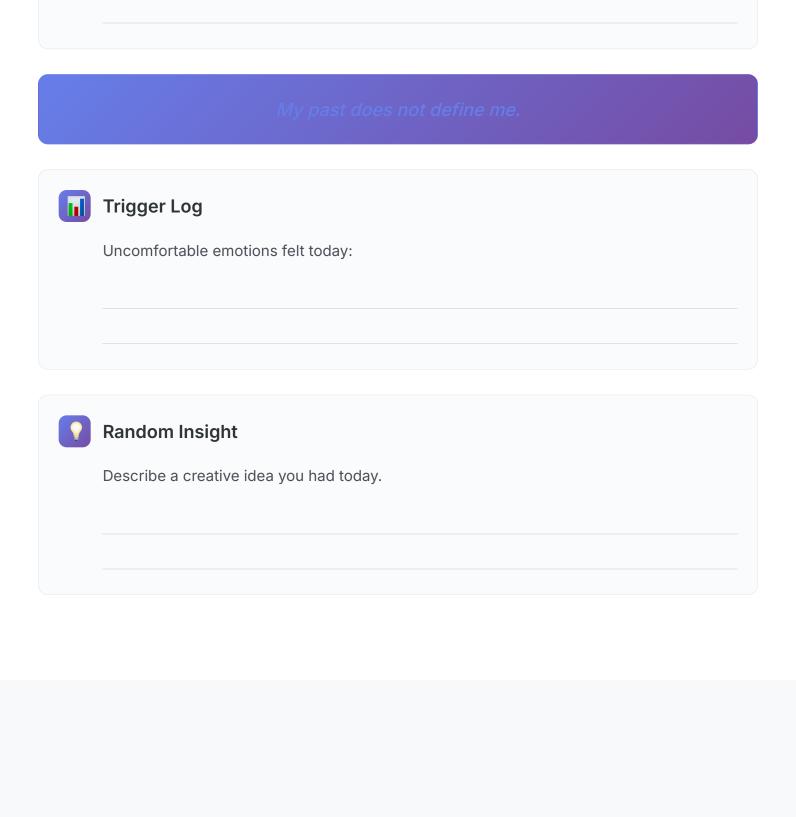
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— James 2:26

Meditation Prompt
Repeat a calming mantra silently.

?	Reflection Question
	What strength did you use today?





Faith without works is dead.

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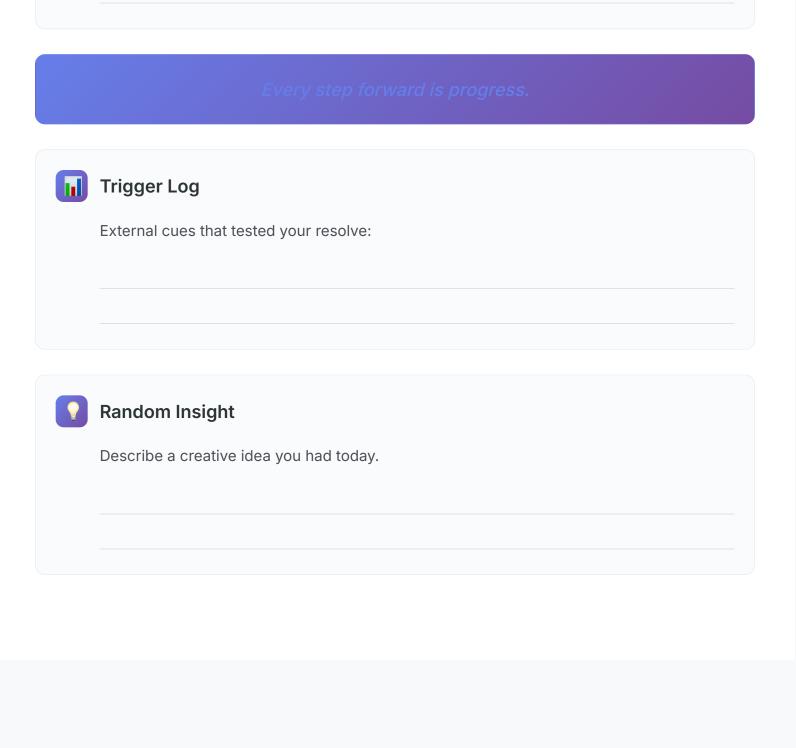
? Reflection Question

How did you lean on your support network?



Gratitude List

Acts of kindness you witnessed:



You are worth the quiet moment you seek.

— AA Big Book



Meditation Prompt

Visualize a place of peace. Describe it.

?

Reflection Question

What lesson did a challenge teach you?



Gratitude List

I embrace change and growth.
Trigger Log Urges experienced and response:
Random Insight
What boundary did you maintain?

Recovery is an acceptance that your life is in shambles and you have to change.

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— Anonymous

Meditation Prompt Focus on your breath. What do you notice?

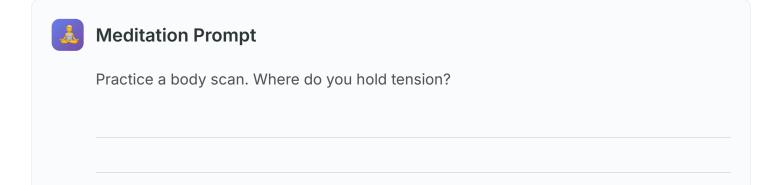
Reflection Question What fear did you face today?

Gratitude List

I deserve love and healing.
Trigger Log Uncomfortable emotions felt today:
Random Insight Describe a creative idea you had today.

It does not matter how slowly you go as long as you do not stop.

— Confucius



? Reflection Question How did you show yourself compassion?

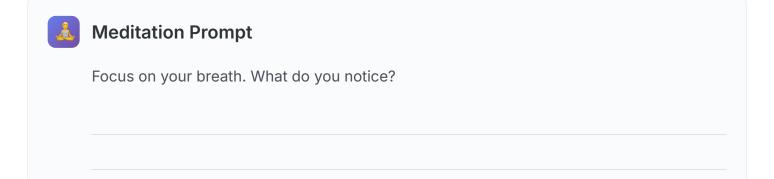


Gratitude List

I embrace change and growth.
Trigger Log External cues that tested your resolve:
Random Insight
Describe a creative idea you had today.

Hope is the thing with feathers.

— Emily Dickinson



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Trigger Log Uncomfortable emotions felt today:
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Sit silently for 5 minutes and observe your thoughts.

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Gratitude List

Trigger Log
Uncomfortable emotions felt today:
Random Insight
What self-care activity can you plan?

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Meditation Prompt
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	What strength did you use today?



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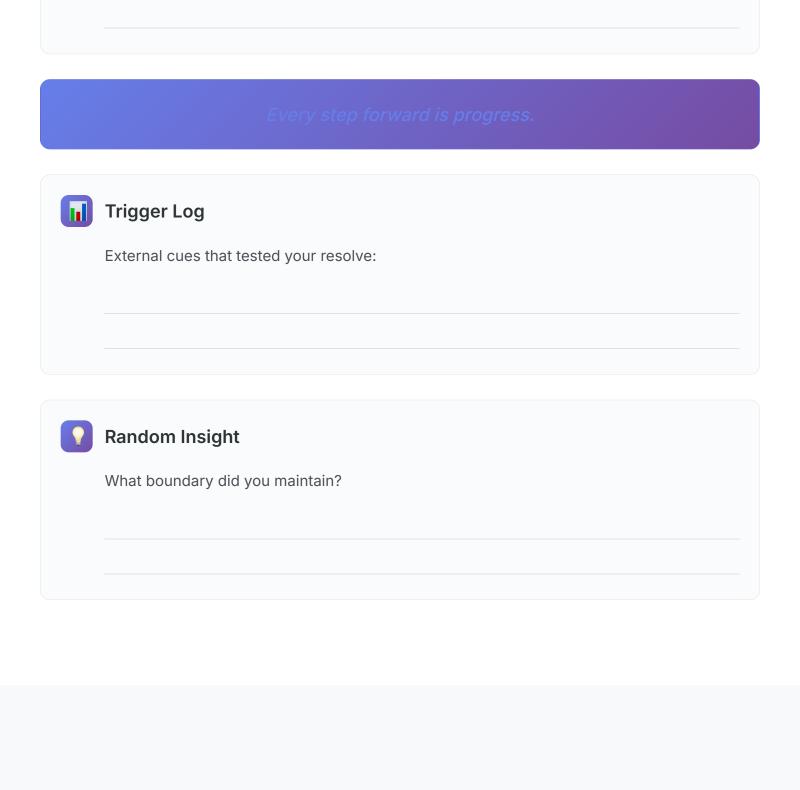


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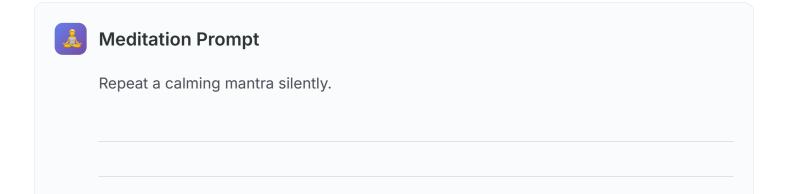
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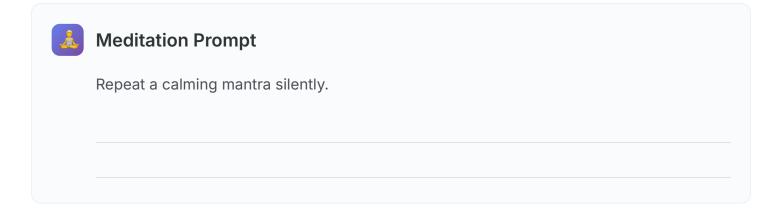


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Trigger Log Stressful thoughts or situations:
Random Insight
How can you offer support to someone else?

You are worth the quiet moment you seek.

— AA Big Book



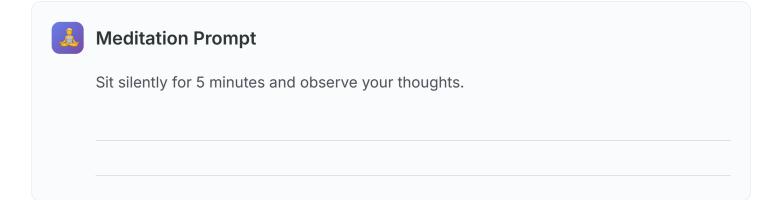
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The only journey is the one within.

— Rainer Maria Rilke

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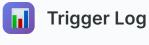
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Gratitude List

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External cues that tested your resolve:



Random Insight

What self-care activity can you plan?



Congratulations!

You've completed 30 days of recovery journaling. Take a moment to celebrate this achievement and reflect on how far you've come. Remember, this is just the beginning of your continued journey of growth and healing.

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Your Journey Continues

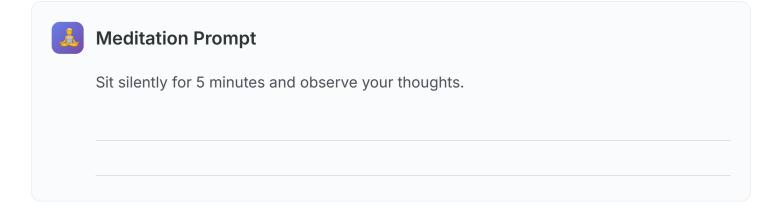
Every day is a new opportunity for growth

Visit us at www.myrecoverypal.com for more resources, tools, and support on your recovery journey.

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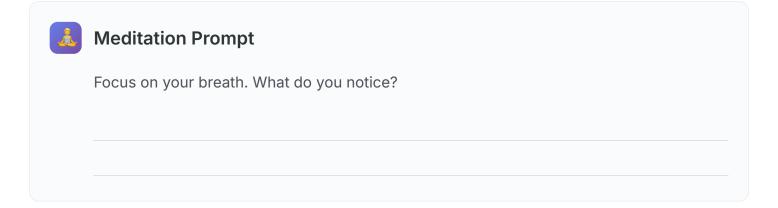
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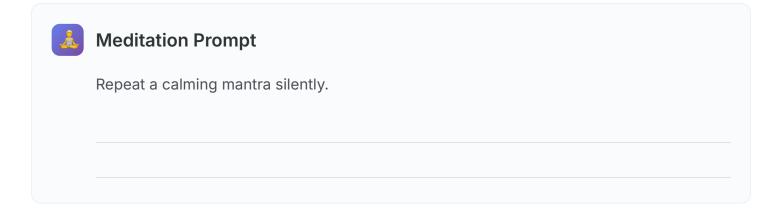
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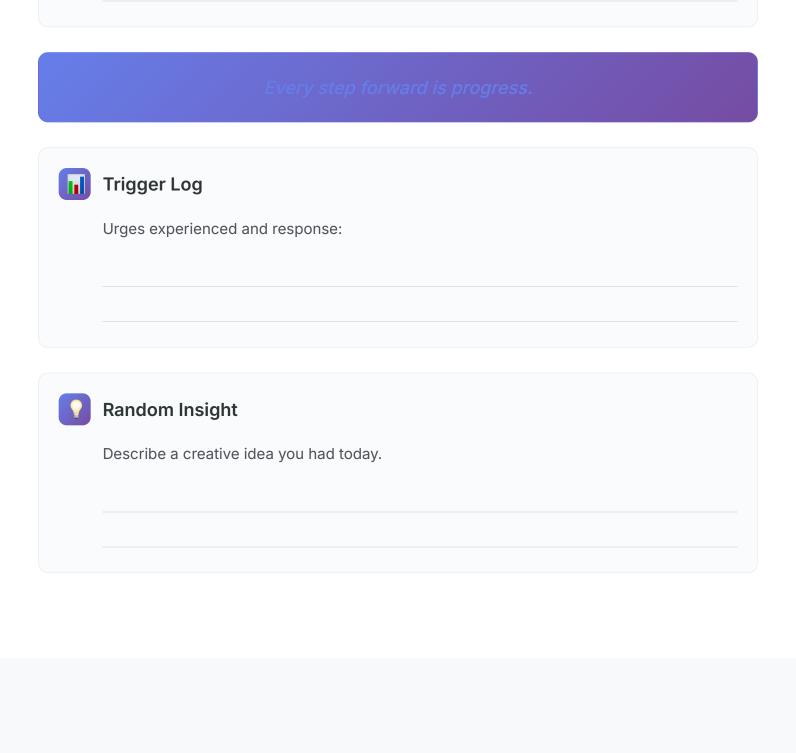
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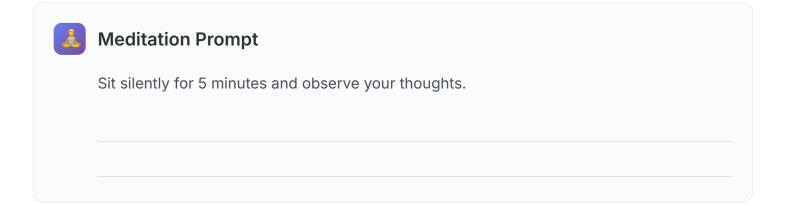
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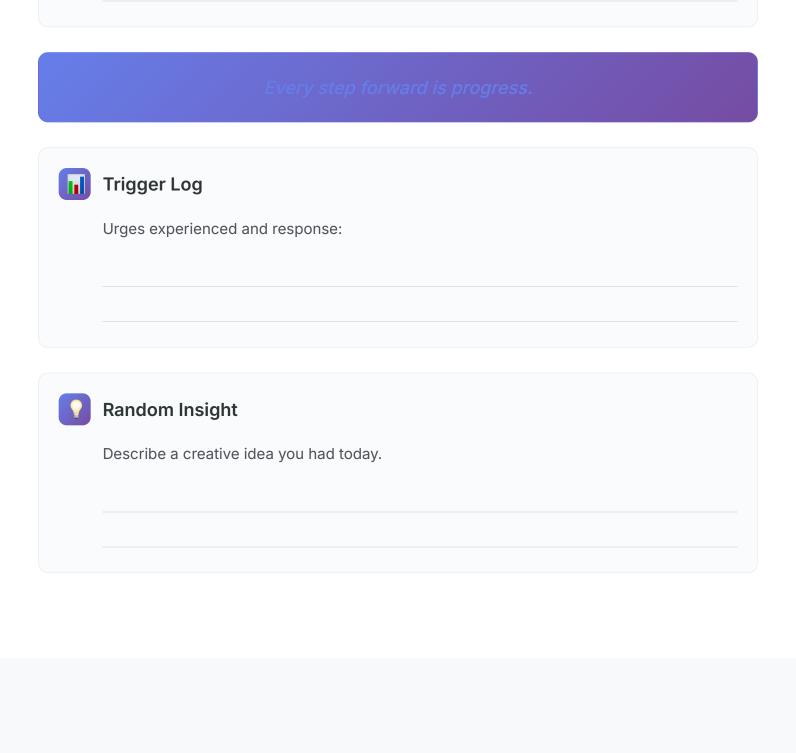
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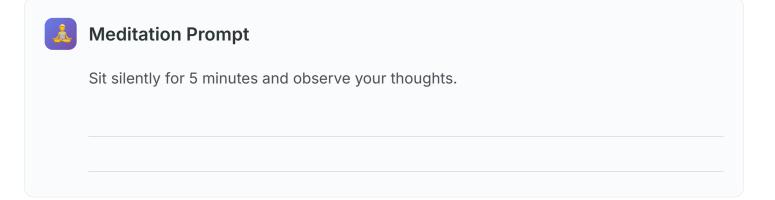
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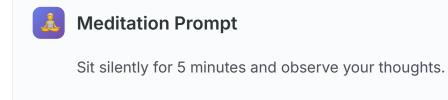


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Gratitude List

