

01	My Reasons for Recovery
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A reminder of what matters to me - especially on difficult days.

Use this worksheet at your own pace. You choose what to write and what support feels right. This is general peer-support information, not medical advice, diagnosis or treatment.

The life I want to build

For myself	For the people I care about

Three things, people, hopes or values I refuse to give up on

When I need this reminder, I will: