My Strengths & Affirmations Journal

Start with what is true

Use words that feel honest and believable. You do not have to force positivity.

Name / initials (optional): _____ Date: _____

Three strengths I have used in recovery

Something difficult I have survived or moved through

A quality other people value in me

Words I want to hear when I am struggling

Alcohol and other drug support: ADIS 1800 177 833 (24/7)

Not medical, psychological, legal or financial advice, treatment or emergency care.

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Seven days of encouragement

Write one honest, supportive sentence each day.

Name / initials (optional): _____ Date: _____

Day 1 - Today I recognise...

Day 2 - I am learning...

Day 3 - I showed courage when...

Day 4 - I deserve support because...

Day 5 - A small win was...

Day 6 - I can ask for help by...

Day 7 - This week taught me...

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Challenge harsh self-talk

Try language that is fair, balanced and believable.

Name / initials (optional): _____ Date: _____

A harsh thought I sometimes notice

Evidence that this thought is not the whole story

A fairer and more supportive response

What I would say to someone I care about

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My strengths in action

Strength can show up in ordinary choices, persistence and asking for support.

Name / initials (optional): _____ Date: _____

A time I kept going

A time I asked for support

A boundary or helpful choice I made

A quality I want to keep developing

Someone who helps me remember my strengths

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Another seven days

Continue at your own pace. Repeat a prompt whenever it helps.

Name / initials (optional): _____ Date: _____

Day 8 - I gave myself credit for...

Day 9 - I felt connected when...

Day 10 - I handled a challenge by...

Day 11 - I am allowed to...

Day 12 - I am becoming...

Day 13 - I appreciate...

Day 14 - My next hopeful step is...

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