Hope, Healing and Recovery
by Kate Nichols

H appiness comes in different shapes and forms
O ptimism toward the future
P ersistence even in hard times
E mpathy for others

H uman, you are human, you make mistakes, it’s OK
E ven after all you’ve been through, you’re still here
A ccepted is what you are
L oyal to recovering
I nvincible you can do this
N ormal to have change, what matter is how you handle it
G enuinely want to heal

R esponsible with your choices
E njoy what you love most
C ourage to do the right thing
O riginal, you are original, there is only one of you
V alue others presence and support
E xcitement for the future
R espectful to others
Y earn to better