

Copeland Center
FOR WELLNESS AND RECOVERY



2023

Wellness Journal

Welcome to the Copeland Center Journal for Wellness and Recovery.

Over the years we have heard inspiring affirmations, mantras, and sayings that have made us think, grow, and encourage recovery. We asked the Copeland community to send us quotes that inspire them and might inspire others to write.

In this journal we've selected 50 submissions to help you get started on your Wellness Journey for 2023. When we asked for people to share their thoughts, we received a large number of submissions that will allow us to have additional volumes of this project over the coming months.

We invite you to feel inspired, insightful, creative, and open to discovery.

Note: Although the project asked for original quotes, we received some duplicates and have chosen to use the words "Submitted by" after each quote to be as transparent as possible. Quotes may have been edited for format and content. Thank you.

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Be Inspired!

Be Inspiring!

Let's Get Started!

Over the following 50 pages you will find quotes from your friends, peers & colleagues that we believe will inspire you to journal your personal experiences with recovery. Enjoy!

Contributors

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Acknowledgements

Everything we do at the Copeland Center is a team effort and this journal is no exception. There's the amazing staff, our supportive board, our incredible members and our international community. As you can see by the opposite page, we received submissions from many, many individuals who make up the Copeland Center Community. (Look for future journal volumes to read more brilliant submissions). As always, we thank you for your support, your vulnerability and never ending belief in peer support, community inclusion and the limitless possibilities of recovery.

If you are not a member, we invite you to join (www.copelandcenter.com) and be the first to learn of new projects, trainings and opportunities. (To submit your thoughts for the next journal contact <https://forms.gle/tLJ1uRCmKqeEUat96>).

Special shout out to project partners on the Copeland Center team, Kyneta Lee and Ryan Tempesco for their design work, and Elaine Stiles for her editing, input and hand-holding. Nothing but love and respect—Rachelle Weiss.

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