# Copeland Center

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.

Copeland Center

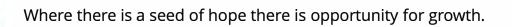
2023 Wellness Journal

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!



Submitted by: Jamila Roy

Date:	
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Is your phone currently within your reach? Is it charged? Is it in a protective case? Do you have a charger with you? Did you eat breakfast this morning? Practice self care? Your phone doesn't work when it's not charged, neither do you. Treat yourself like you treat your phone.

Submitted by: Natalie Klaus-Rogers

	Date:
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It's OK, you've simply hit a speed bump in the road. Everyone hits those once in awhile.

Submitted by: Anonymous

	Date:	

Every time you awaken to a new day, you have the opportunity to work toward a goal you have set. Only you can do the work!

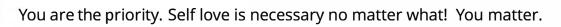
Submitted by: Verdell Silas-Williams

	Da	te:

Choose today to drop down into the wisdom of my body and the compassion of my heart, and to live in the higher vibration of love.

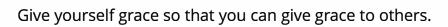
Submitted by: Jon Dumpys

	D	ate:



Submitted by: Kaylon Allen

	Date:	



Submitted by: Imani Jackson

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Wake-up every day with hope for successes, plan for it and list your priorities for the day.

Submitted by: M. Masoud Saqib

Date:

Recovery is not for those who need or want it, Recovery is for those who are ready for it.

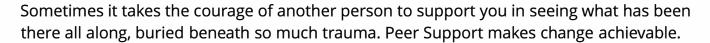
Submitted by: Darrell Bell

	Date:	
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Adversity Doesn't Define Character - It Reveals It.

Submitted by: Tyrone Walker

Date:	



Submitted by: Natalie Sequita Wilder

	ate:

There is hope, there is help, and there is a way.

Submitted by: Barbara Bryant

Date:	

There was a time in my life that being able to dream of a future was hopeless. One step at a time I have dared to dream. I live each day as a dream come true. Every day is a dream of gratitude for my life, gratitude for my willingness to live it no matter the ups and downs. By daring to dream I found that they actually just might come true. I wake up each day with wonder that I am here at all. My reality is a stunning multi-colored dream. Those who dare, win!

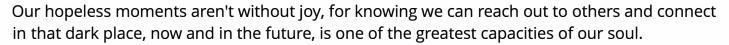
Submitted by: Cheryl S. Sharp

	Date:
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Being a peer supporter has transformed my life because it touches my own recovery and those I work with in ways I never knew could happen.

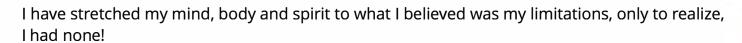
Submitted by: Stephanie Iseman

Date:



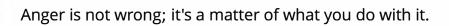
Submitted by: Rebecca Schultz

	Date:
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Submitted by: Kyle Wicks

	Date:



#### Submitted by: Jay Petroski

	Date:
-	
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I am not here to lead or follow but walk beside you and give you a hand when needed as you go through your recovery journey.

Submitted by: Keith Simpkiss CPS

	Date:
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I embrace my imperfections because perfect is boring, and that is something I will not be.

Submitted by: Grace Bialka

	Date:	

Start the day with a blank canvas, paint the day with a colors of your choice, don't let others choose your colors!

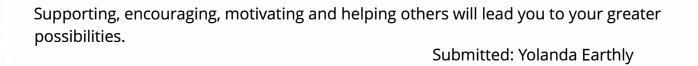
Submitted by: Anonymous

	Date:	

Walls keep everybody out - boundaries teach people where the door is.

Submitted by: Marsha Valenzuela

	Date:	

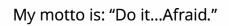


Date:	
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One of the best steps in recovery is to extend an olive branch to yourself.

Submitted by: Kerri Scheitrum

	Date:	



#### Submitted by: Ginger Lenore Phillips

A few will love you for who you are, others will love the idea of you. Knowing the difference will save you a world of hurt.

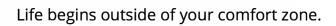
Submitted by: Tamear Henegain

	Da	te:

Get up and do one thing!

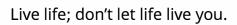
Submitted by: Eve Ellsworth

	(	Date:	
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#### Submitted by: Mindy Persutti

	Date:	
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## Submitted by: BeaJae North

Date:	

No matter how bad you feel now, recovery is possible, and peers will support you.

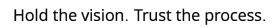
Submitted by: Beth Bloom

	Date:	

Never regret. If its good, its wonderful. If its bad, its experience.

Submitted by: Casey Redmon

		Date:	
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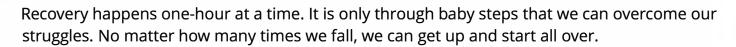
## Submitted by: Laura Sorensen

	Date:	
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Each new day imagine the best you, and show up as him or her to encourage another.

Submitted by: Tanya MacLeod

Date:



Submitted by: Yvonne Ortiz-Haney

	Date:	

If your strength was measured by your struggles, you would know you are amazing.

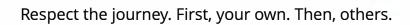
Submitted by: Jasmine R. Mills

	Da	te:

The words you say to yourself are powerful. Be sure you're saying the right ones.

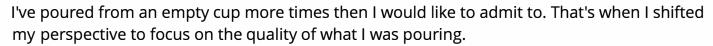
Submitted by: Dennis W Morris

Date:	
	Date:



Submitted by: Angela Rohr

	Date:
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Submitted by: Lea Joseph

Date:

Yes, it is all in my head, please be patient with me as I work on getting it out.

Submitted by: Corinna Franco

	Da	ate:

How we show up to support leadership in our life says everything about who we are as a leader.

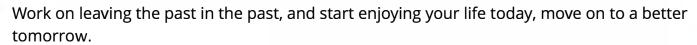
Submitted by: Matthew R. Federici

	Dat	e:

It is through our challenges and hardships that we find our inner strength, our courage and our resilience to overcome anything. It is our stories of overcoming challenges that builds a greater sense of Hope.

Submitted by: David Lombardi

		Date:	
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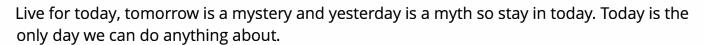
Submitted by: Johnnie Santos

	Date:	

Your life experiences - especially the truly painful and difficult moments -hold immense power, because they have the potential to inspire hope in others. Nobody can take that power from you, no matter what.

Submitted by: Christina Ancira

Date:



Submitted by: Anonymous

Date:

Recovery is a winding road and there isn't a destination. It's a state of being. Hang in there while walking the winding road of recovery.

Submitted by: Andrea Jones

	Date:	

I do peer support so that I am constantly reminded how to stay true to my own recovery journey.

Submitted by: Aaron Truby

Date:

It's not how many times you get knocked down that counts, it's how many times you keep getting back up!

Submitted by: Heather F. Dorner

	Dat	e:

Perfect isn't possible so I practice joyful imperfection!

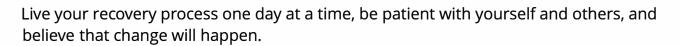
## Submitted by: Jen Patterson

Date:	
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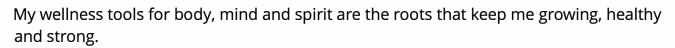
Befriend your emotions. Do this not by trying to control your emotions, or anticipate future emotions, but by being present with whatever comes up. With time, even intense emotions become less overwhelming and more familiar, like an old friend.

Submitted by: Erika Seekatz

Date:



Submitted by: Denise Weathers



Submitted by: Donna Martin-Isard

	Date:	

Choose Joy, you have the power!

Submitted by: Naomi G Fulton

	Date:
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## **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 Copland 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.

