



The Recovery Starter Toolkit

Let this be your sacred space
to release, reflect, and rise.

By Rosalyn Casas
Lula's House of Serenity

Letting Go & Letting In

A Self-Acceptance Reflection

By Lula's House of Serenity | Rosalyn Casas

WHAT HAVE I BEEN BLAMING MYSELF FOR:

I often blame myself for...

The story I've been telling myself about this is...

If I could speak to myself with compassion, I would say...

WHAT DOES SELF-ACCEPTANCE MEAN TO ME

To me, self-acceptance means...

If I fully accepted myself, I would stop...

If I fully accepted myself, I would start...

The version of me who accepts herself shows up in the world by...

*I release the weight of blame.
I welcome the peace of self acceptance.*



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Rosalyn Casas

Why I Choose Recovery

A Reflection from the Heart

I Want to Recover Because...

Take a few deep breaths. Write freely from the heart. *Let your "why" come from your truth—not shame, pressure, or fear.*

I want to recover because...

What's waiting for me on the other side of recovery is...

The people who will be impacted by my healing are...

What Would Change If I Stayed Committed

Imagine your life 6 months or 1 year from now—fully committed to your recovery. What's different? *What's better?*

If I stay committed to my recovery, my daily life will feel like...

I will begin to love myself by...

The version of me who is committed to healing is...

"I am choosing recovery, not just to survive—but to rise, to reclaim, and to truly live."

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Know Your Triggers, Find Your Safe Space

A Self-Awareness & Support Guide

MY COMMON TRIGGERS ARE

Situations or environments that often trigger me:

Emotions or thoughts that make me feel most vulnerable:

People or behaviors that usually activate my stress or cravings:

SAFE PEOPLE & PLACES I CAN TURN TO

People I can call/text when I feel triggered or overwhelmed:

Places that make me feel grounded, peaceful, and safe:

Supportive practices or resources I can turn to:

When I feel lost in the storm, I choose safety, not shame.

I am allowed to protect my peace.



DAILY CHECK-IN & REFLECTION

A Mindful Practice for Recovery & Self-Love



MORNING CHECK-IN: HOW DO I FEEL?

Begin your day by slowing down and tuning in. Let your feelings speak without judgment. This is your space to be honest, soft, and real.

Emotionally, I feel... _____

Physically, I feel... _____

Mentally, I feel... _____

Spiritually, I feel... _____

Optional: This morning, I want to _____
focus on... _____



EVENING REFLECTION: WHAT DID I DO WELL TODAY?

End your day with grace. No matter how small it seems, honor something you did well—because showing up for yourself is always a win.

Today, I am proud of myself for... _____

A moment I handled better than usual was... _____

Something I'm grateful for tonight is... _____

Closing affirmation: *"I honor my growth – morning, noon and night. I am always becoming."*



Pride & Forgiveness

A Heartfelt Practice for Inner Healing

♥ I Am Proud of Myself For...

Take a moment to celebrate yourself. Your progress, your courage, your growth—It matters. Name something you've done or a way you've shown up that makes you proud.

Today (or recently). *I am proud of myself for...*

This action shows that I am becoming...

✉ One Thing I Forgive Myself for Is...

Let go of shame. You are human, healing, and learning. Write down something you're ready to release and offer yourself compassion instead.

I forgive myself for...

I no longer need to carry guilt for this because...

Instead of shame, I choose to feel...

"I honor my progress and release my pain. I am proud of who I am—and gentle with who I've been."



MY CIRCLE OF SUPPORT

KNOWING WHO TO CALL & LEAN ON IN RECOVERY

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♥ WHO SUPPORTS ME EMOTIONALLY?

List the people in your life who offer emotional support without judgment. These are the ones who help you feel seen, heard, and valued.

People who listen to me when I'm struggling:

.....

People who make me feel emotionally safe and supported:

.....

Someone who always reminds me of my strength:

.....

☎ WHO CAN I CALL IN A MOMENT OF TEMPTATION?

Create a go-to list of names and numbers you can turn to immediately when you feel triggered or tempted. Think of people who will guide you back to yourself.

When I feel tempted, I can call ... (Name) -- (Phone #)

Other recovery resources I can reach out to:

(Sponsor, hotline, group, peer mentor, etc.).....

One thing I can say when I reach out:

"Hi, I'm struggling right now and I just need someone to remind me why I started."

"I am never alone in this journey. I have people, I have support, and I have a choice."





Visualize Your Healed Self

A Guided Vision for Growth & Empowerment

★ Picture Your Best Healed Self – Describe Her

Close your eyes. Breathe deeply. Now imagine the version of you who is healed, whole, and thriving. What does she look like, sound like, feel like?

She walks through life with... _____

She shows up each day as someone who... _____

The way she speaks to herself is... _____

The energy she carries feels like... _____



What Habits & Mindset Does She Have?

Think about the daily routines, thought patterns, and attitudes your healed self practices. These are the seeds you can begin to plant now.

She nourishes herself by... _____

She protects her peace by... _____

Her mindset about healing is... _____

She believes she is worthy of... _____

*"I am already becoming the woman I envision.
She lives within me—and I am choosing her every day."*

Rosalyn Casas

*My past
does not
define me.*

*I am allowed
to grow at
my own pace.*

*Today,
I choose
grace over
guilt.*

*One step
at a time
is still
movement
forward.*

*One step
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