



# 5 Steps to Begin Your Recovery Journey TODAY

BY ROSALYN CASAS



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W E L C O M E



# Hello!

If you're reading this, it means something deep inside you is stirring-maybe a whisper, maybe a scream-that says, "It's time."  
I see you. I've been where you are. I spent 13 years in addiction-living out of cars, motels, and abandoned buildings, caught in toxic relationships and exchanging my body just to survive. I was exhausted, broken, and scared. I knew something had to change when I looked around and realized I no longer recognized the person I had become.

That was over 23 years ago.

Today, I'm living proof that transformation is possible.

I created this guide from my heart to yours-to help you take the first brave steps toward your own healing. You don't have to do this alone.

With love and belief in you,

*Rosalyn Casas* **Lula's House of Serenity**

# Step 1:

## Acknowledge Where Your Are

What will keep you going when things get hard? Your "why" is your anchor.

Maybe it's your kids. Your health. Your sanity. Your dreams. Maybe it's just wanting to feel peace for the first time in years.

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"I am choosing recovery because..."

Fill in the blank:

- I want to live because \_\_\_\_\_
- I am worthy of healing because \_\_\_\_\_
- My future self will thank me because \_\_\_\_\_

**Recovery doesn't start when everything is perfect-it starts when you're honest with yourself.**

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# Step 2:

## Define Your "Why"

What will keep you going when things get hard?

Your "why" is your anchor.

Maybe it's your kids. Your health. Your sanity. Your dreams. Maybe it's just wanting to feel peace for the first time in years.

"I am choosing recovery because..."

Fill in the blank:

- I want to live because \_\_\_\_\_

- I am worthy of healing because \_\_\_\_\_

- My future self will thank me because  
\_\_\_\_\_

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# Step 3:

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## Build Your Support System

You weren't meant to do this alone. Healing happens in community.

Start by identifying safe people or spaces where you feel seen and supported.

This might be:

- A recovery group
- A mentor, sponsor, or coach
- A close friend who doesn't judge
- A spiritual leader or counselor

"Connection is the opposite of addiction."

Action Step: Write down 3 people or groups you can reach out to this week.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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# Step 4:

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## Create One Small Routine

Big changes start with tiny shifts. You don't need to overhaul your life overnight.

Choose one small routine that supports your healing. This could be:

- Drinking water first thing in the morning
- Writing in a journal
- Saying one positive affirmation daily
- Attending a support meeting once a week.
- "Progress, not perfection."

What is one small thing I can commit to this week?

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# Step 5:

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## Forgive Yourself & Begin Again

You are going to have hard days. You might stumble. That doesn't mean you've failed-it means you're human. Self-forgiveness is part of the journey. Be kind to the version of you that didn't know better. You are learning, growing, healing.

"I forgive myself. I begin again, as many times as I need to."

Repeat after me:

- I am not my past
- I am capable of change
- I am worthy of love and peace.



# Keep Going, You're Not Alone

You've just taken five powerful steps. This isn't the end-it's the beginning.

If you're ready for more support, healing, and connection, I invite you to join Lula's House of Serenity's mailing list or upcoming recovery workshop. We walk this road together.

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