

Groundwork: 6 Pillars for Radical Change

I am unwilling
to cut myself
down for the
sake of being
nice to other
people.

I'm inherently
worthy. My worth is
not defined by what
I do.

My struggle
addiction does
not define me
and I handle all
change with
ease.

My two most
valuable assets
are my time and
my energy.

I forgive myself
for abandoning
my deepest
needs and
desires.

I am willing to
accept support
and I trust it
surrounds me.