Maintaining Change

Have a vision
Set Personal Goals
Know or learn
the steps

Celebrate Success
in a positive and
healthy way

Be honest
with yourself
Know your triggers
And the signs of
trouble

Ask for Help
Seek help right away
Don't wait

Connect
with those who
know how to live
in a good way and do

Keep on the
A New Path

Take care you
Eat Health
Get Sleep
Exercise

Make it right
In the best way you can
Sometimes it is as
simple as an apology

Stay Active
Find a new hobby
or project
Learn new things

Give of yourself
to your community
to what you believe
Keeping in mind
it is ok to say no