

Dear [Recipient's Name],

I hope this message finds you in good spirits. I wanted to take a moment to remind you how strong and resilient you are. Recovery can be a challenging journey, but every step you take brings you closer to a brighter future.

Remember, it's perfectly okay to have ups and downs. Celebrate your progress, no matter how small, and know that you are not alone. You have a network of support that believes in you and is here to cheer you on.

Stay focused on your goals and keep reminding yourself of the amazing things that lie ahead. Each day is a new opportunity to grow and heal.

Take care of yourself, and remember to reach out whenever you need encouragement. You've got this!

With positivity and support,

[Your Name]