



the
SOBER SISTERS
Glide, Don't Trudge

JANUARY 2021 JOURNAL WEEK ONE

This slideshow is for you to type in, print out, or reflect on each of the quotes for the day.



If I can stay sober for a
day, I can stay sober for
a lifetime



The Sober Sisters

@the_sober_sisters

1/1/2021

I had to stop living my
life like I get to do it
twice.



The Sober Sisters

@the_sober_sisters

1/2/2021

Addiction doesn't
negotiate

@the_sober_sisters



The Sober Sisters

1/3/2021

We're going to have a
few bad days in
recovery.

We remember, however,
that every day was a
bad one in addiction.




The Sober Sisters

@the_sober_sisters

1/4/2021

Proud of who I am.
Not ashamed of who I
was.

 The Sober Sisters

@the_sober_sisters

1/5/2021

Addiction is the one
prison where the
locks are on the
inside



The Sober Sisters

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1/6/2021

I was always waiting
for my life to get better
so I could quit drinking.
Then I quit drinking
and my life got better.

@the_sober_sisters

~The Sober Sisters

1/7/2021

1/7/2021