

Ladies and gentlemen,

Today, I stand before you with a heart full of gratitude and determination. Recovery has not been an easy road, but every step of this journey has taught me the power of resilience and hope. There were days when it felt like I was climbing a mountain, one that seemed insurmountable. But let me tell you this: no challenge is too great when we have the courage to face it.

I learned that setbacks are not failures; they are opportunities to learn and grow stronger. With each challenge, I discovered more about myself and the strength that lay within. I found that leaning on the support of those around me transformed obstacles into stepping stones.

I am here, a testament to the belief that we can overcome anything. If you find yourself struggling, know that you are not alone and that every small victory counts. Keep pushing forward, reach out for support, and believe in your capacity to change. We all have the strength to rise above, and today, I celebrate that strength within each of us.

Thank you.