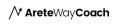




- 1. CHANGE YOUR IDENTITY YOU ARE A NON-DRINKER FROM DAY 1, NOT A DRINKER TRYING TO BECOME A NON-DRINKER
- 2. WRITE DOWN YOUR ALCOHOL STORY HOW MUCH YOU DRINK, WHEN YOU STARTED, THE TIMES YOU HAVE TRIED TO STOP, WHY YOU DRINK.
- 3. WRITE DOWN WHY YOU WANT TO STOP WHAT IS DRIVING YOU TO STOP? LOVED ONES? YOUR HEALTH?
- 4. DRAW A SEESAW AND WRITE DOWN... ON ONE SIDE ALL THE POSITIVE THINGS YOU BELIEVE ABOUT ALCOHOL AND ON THE OTHER ALL THE NEGATIVE THINGS. QUESTION EACH OF THE POSITIVE ONES IN DEPTH ARE THEY REALLY TRUE?
- 5. PUT A WALL CALENDAR ON YOUR FRIDGE DOOR TICK OFF EACH DAY AS COMPLETED AT THE START OF EACH DAY. KEEP RESETTING YOUR GOAL AS ONE DAY, THREE DAYS, SEVEN DAYS, TWO WEEKS, A MONTH, 90 DAYS, 365 DAYS...
- 6. BUILD YOUR MIND MUSCLE MEDITATE AT LEAST 15 MINUTES PER DAY, EVERY DAY.
- 7. CREATE NEW HABITS START WALKING EVERY DAY, LEARN SOMETHING NEW, READ.
- 8. READ "QUIT LIT" WALKING BACK TO HAPPINESS THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING. https://www.amazon.co.uk/Walking-Back-Happiness-Alcohol-Free-Well-Being/dp/BODLPH36R3/
- 9. JOURNAL DAILY COVERING HOW YOU FEEL.
- 10. IMAGINE YOURSELF ONE YEAR FROM NOW YOU HAVE HAD THE BEST YEAR OF YOUR LIFE ALCOHOL-FREE WRITE A LETTER TO YORUSELF OUTLINING EVERTTHING YOU DID / ACHIEVED AND HOW GREAT YOU FEEL.









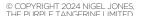
















January	r ebruary	m arch	A pril
Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat 23 24 25 26 27 28 1	Sun Mon Tue Wed Thu Fri Sat
	20 27 20 27 00 01		30 31 1 2 3 4 5
5 6 7 8 9 10 11	2 3 4 5 6 7 8	2 3 4 5 6 7 8	6 7 8 9 10 11 12
12 13 14 15 16 17 18	9 10 11 12 13 14 15	9 10 11 12 13 14 15	13 14 15 16 17 18 19
19 20 21 22 23 24 25	16 17 18 19 20 21 22	16 17 18 19 20 21 22	20 21 22 23 24 25 26
26 27 28 29 30 31	23 24 25 26 27 28 1	23 24 25 26 27 28 29	27 28 29 30 1 2 3
2 3 4 5 6 7 8	2 3 4 5 6 7 8	30 31 1 2 3 4 5	4 5 6 7 8 9 10
May	June	July	A ugust
Sun Mon Tue Wed Thu Fri Sat 27 28 29 30 1 2 3	Sun Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 7	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat 27 28 29 30 31 1 2
4 5 6 7 8 9 10	8 9 10 11 12 13 14		
		6 7 8 9 10 11 12	3 4 5 6 7 8 9
11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16
18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23
25 26 27 28 29 30 31	29 30 1 2 3 4 5	27 28 29 30 31 1 2	24 25 26 27 28 29 30
1 2 3 4 5 6 7	6 7 8 9 10 11 12	3 4 5 6 7 8 9	31 1 2 3 4 5 6
s eptember	o ctober	n ovember	b ecember
Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat 28 29 30 1 2 3 4	Sun Mon Tue Wed Thu Fri Sat 26 27 28 29 30 31 1	Sun Mon Tue Wed Thu Fri Sat
7 8 9 10 11 12 13		2 3 4 5 6 7 8	7 8 9 10 11 12 13
14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20
21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27
28 29 30 1 2 3 4	26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31 1 2 3
5 6 7 8 9 10 11	2 3 4 5 6 7 8	30 1 2 3 4 5 6	4 5 6 7 8 9 10

For further information on sober coaching 4, 6 & 10 Week Programs nigel@9kmby9am.com +44 (0)7980 213 122











