



COACHING

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10 TOP TIPS TO HELP YOU STOP DRINKING

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/B0DLPH36R3/>
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 YOURSELF OUTLINING EVERYTHING YOU DID / ACHIEVED AND HOW GREAT YOU FEEL.



calendar 2025



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January							February							March							April						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4	26	27	28	29	30	31	1	23	24	25	26	27	28	1	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	1	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							August						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3	1	2	3	4	5	6	7	29	30	1	2	3	4	5	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

September							October							November							December						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6	28	29	30	1	2	3	4	26	27	28	29	30	31	1	30	1	2	3	4	5	6
7	8	9	10	11	12	13	5	6	7	8	9	10	11	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	1	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
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