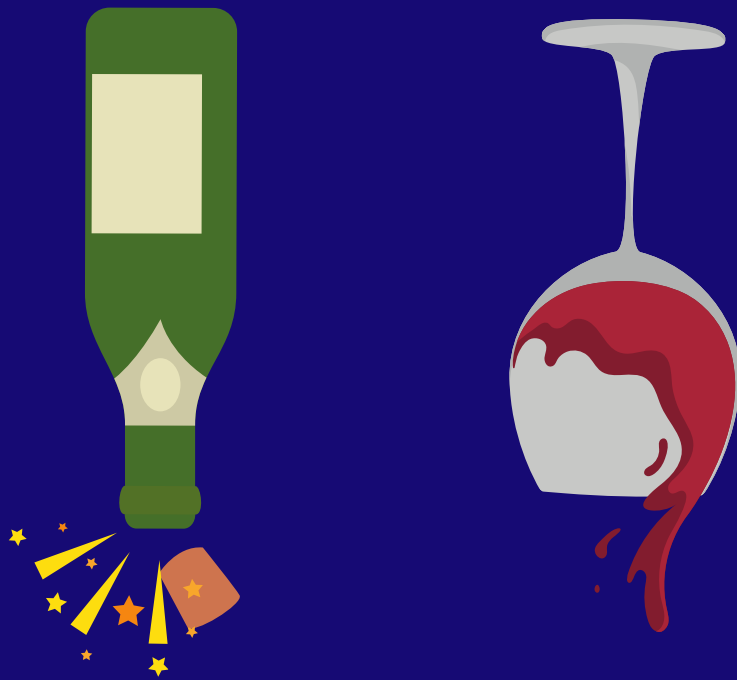


# MY MOTIVATION CHECK-LIST



**If You Are Contemplating A  
Break From Alcohol!**



# The essentials

## 01 Power

You do have it! There is a logical path out. Armed with the right tools change is waiting. You are stronger than you know.

## 02 Forgive

No more blame or shame. You are doing your best. Forgive your past self (if needed). Self-compassion is key.

## 03 Friends

Your besties will respect you. Some will quiz you. Some will feel judged. Then no one will notice your new normal.

## 04 Fabulous

It's true. You will feel it EVERY DAMN MORNING! HIGH FIVE!

## 05 Science

Learn what alcohol does to your brain and body. Penny drop!

## 06 Gets easier

Every first is hard (party, urge, trigger). The second is better. The 10th - winning!

## 07 Moderation

Hard news is - it nearly always fails. Good news - AF is much easier, healthier and cheaper!

## 08 You

You will learn so much about you! Your values, fears, likes, dislikes, purpose, loves. The lot!

## **9 Time**

You just notice it, sit in it, observe it and enjoy it so so much more!

## **10 Journalling**

Love it or hate - it works!!  
Write it, type it, record it, but do it!

## **11 Soda & H2O sweets**

Stock up! Tea too. Maybe hot chocolate while you're at it.

## **12 Your choice**

Your goal comes from a place of self-love and free-will and not deprivation!

## **13 Rebel**

This decision is powerful and rebellious. Respect and notice your inner rebel!

## **14 Creativity**

Find your creative, quirky outlet. Write? Paint? Dance? It heals you!

## **15 Community**

Find an in-person or on-line AF community to embolden your resolve and share.

## **16 Quit lit & Socials**

Books, audiobooks, podcast, instgram, FB... tap into it.

## **17 Seeds & switches**

Plant seeds now for long term success. Know your switches for instant distractions.

## **18 Blood sugar**

It will likely crash and have you reaching for substitutes. Notice it and roll with it!

## **19** Nervous system

Gaining insight into how to regulate your nervous system is highly recommended.

## **20** 1:1 coaching

Invest in some 1:1 coaching to uncover thoughts and beliefs that are not obvious to you.

## **21** Celebrities

Admire celebrities or other well know people that are also alcohol-free! It's a movement.

## **22** Shake the stigma

Be proud. Many successful, high-achieving, creative individuals choose an AF life.

## **23** Move!

Integrate movement into your daily schedule if possible, even if its just walk. Endorphins!!

## **24** Calm

Books, baths, walks, movies, music, writing.... yoga? Find your thing.

## **25** Connect

Stay connected with your mates. So important. Activity-based catch-ups are great.

## **26** Get curious

Is there a theme in your life in which you feel the big urges to drink? Get curious.

## **27** Get bored!

Without thoughts devoted to drinking, recovering and numbing, you will have lots of bonus time.

## **28** And...

Just keep going, learning, plodding and high-fiving... and dancing....and laughing!

