



90 MINUTE WEBINAR



*How to live
a fulfilling
life without
alcohol*

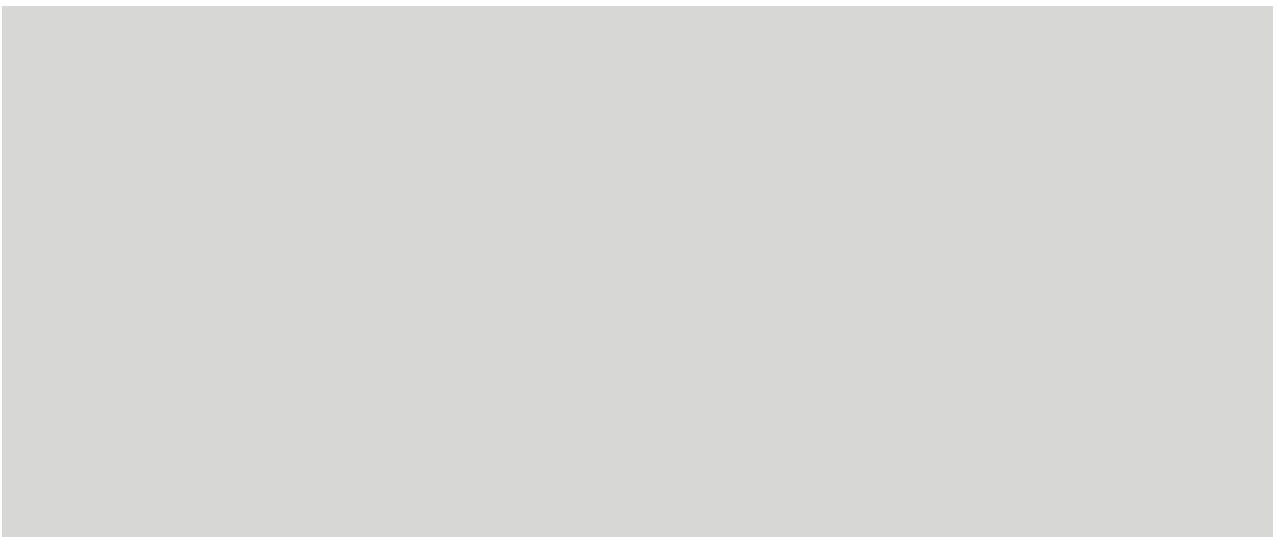
90 MINUTES OF INSPIRATIONAL CONTENT TO
HELP YOU GET CLEAR ABOUT HOW TO CREATE
THE FULFILLING LIFE YOU DESERVE.

WWW.SOBERSISTAS.CO.UK

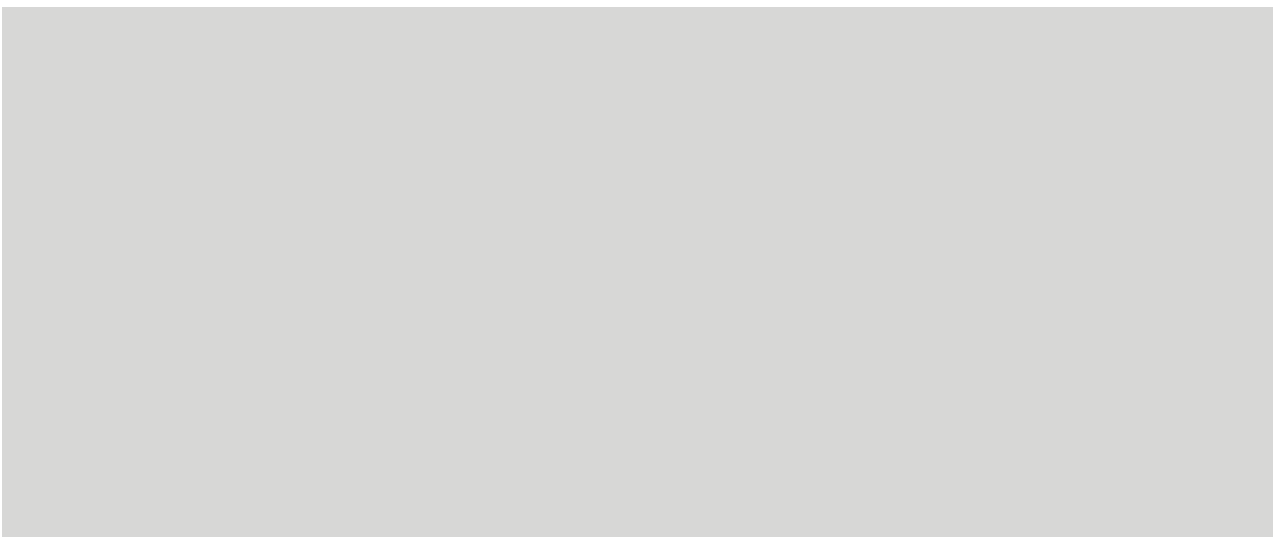
My BIG WHY. I want to get sober so that I can...



The path to sobriety that I am going to take is...



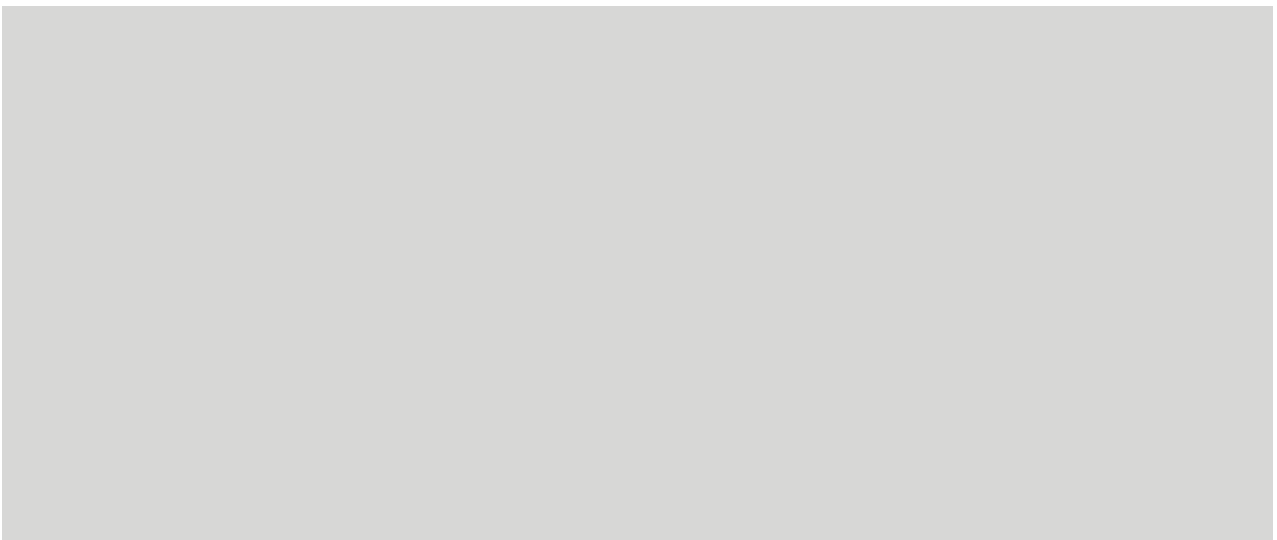
The things in my life that are overdue for change are...



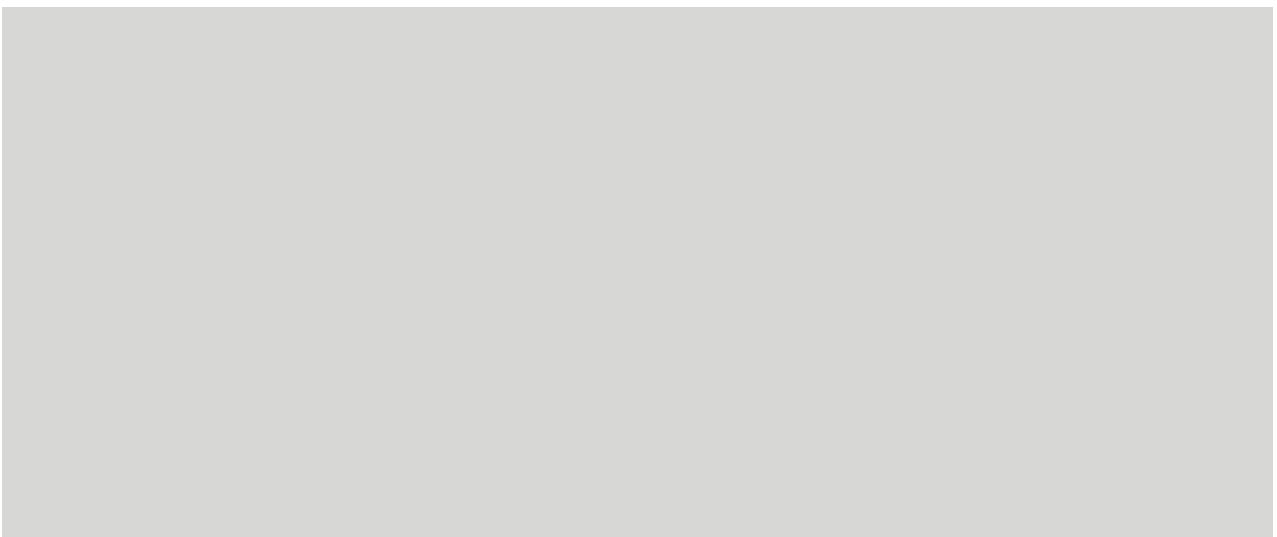
When I drink, what I really crave is...



My greatest fear about being sober is...



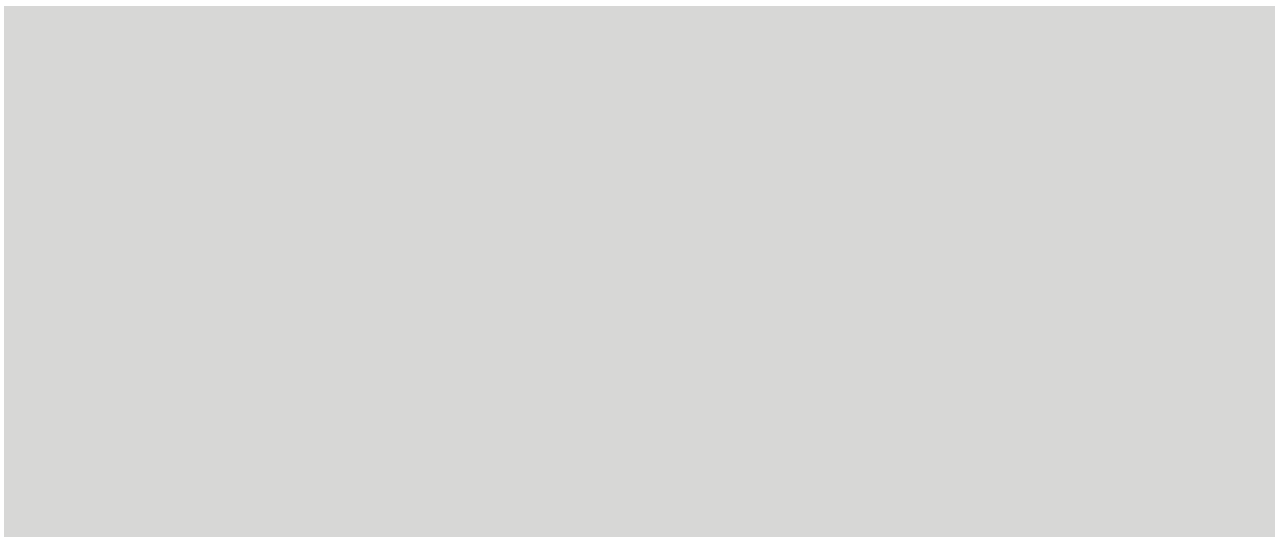
One thing I can do to feel nurtured is...



In order to get a clear vision of my future I am going to create a...



When I am in the 'zone' I am...

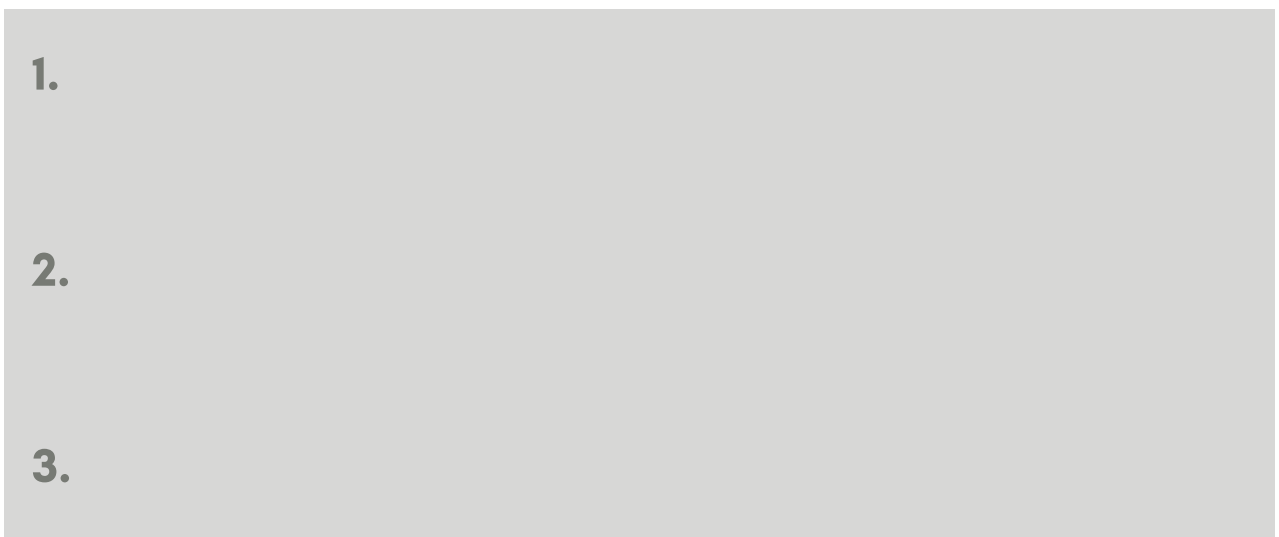


Three actions I can take over the next week are...

1.

2.

3.



Thank you so much for choosing this webinar as a supporting tool that will help you towards your successful sobriety.

ABOUT FOUNDER JULES RUTHERFORD

I gave up drinking in 2017 on the day I read back my journal entries and realised that I had been writing about alcohol for months without realising it.

Since then I have been helping women realise their own truths by showing them the power of journaling to supporting them in their own journey to sobriety.



MORE HELP IS AVAILABLE
FOR YOU HERE:
simply point your camera at
the QR code

