

SOBER
SISTAS

30 DAY TRACKER

It's time to be free!



YOUR 30 DAY TRACKER WILL HELP YOU STAY
FOCUSSED ON YOUR JOURNEY TO SOBRIETY
AND GIVE YOU THE INSPIRATION YOU NEED
TO SUCCEED.

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30 Day TRACKER



YOUR KEY

Sober Days



Drinking Days



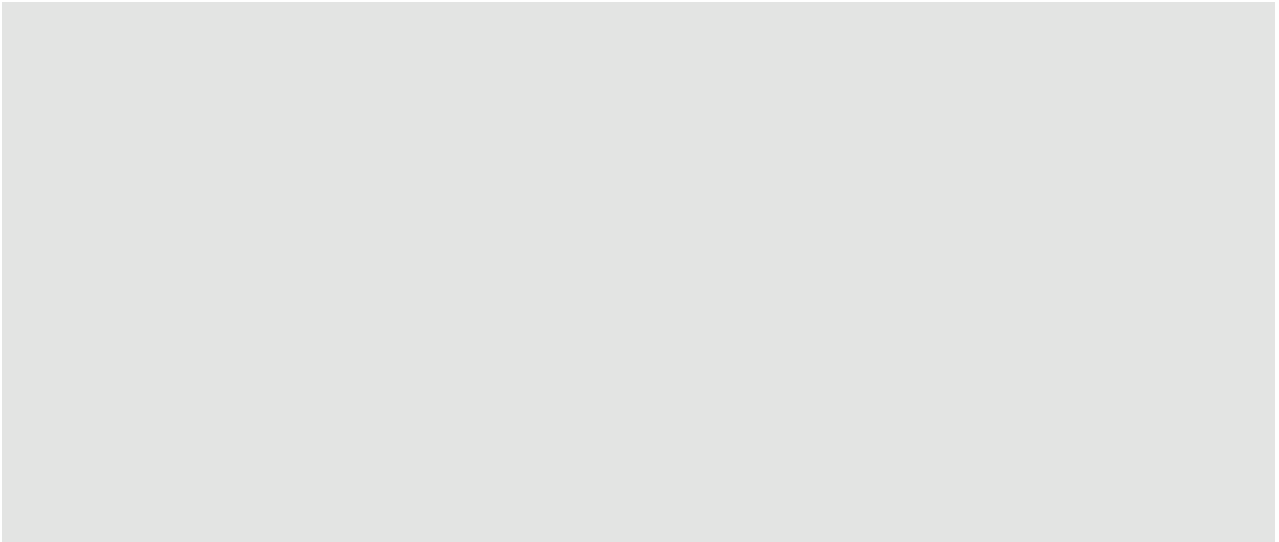
HOW TO USE YOUR 30 DAY TRACKER

- Choose 2 colours for your drinking days and sober days
- Write one word on the line each day that describes how you are feeling

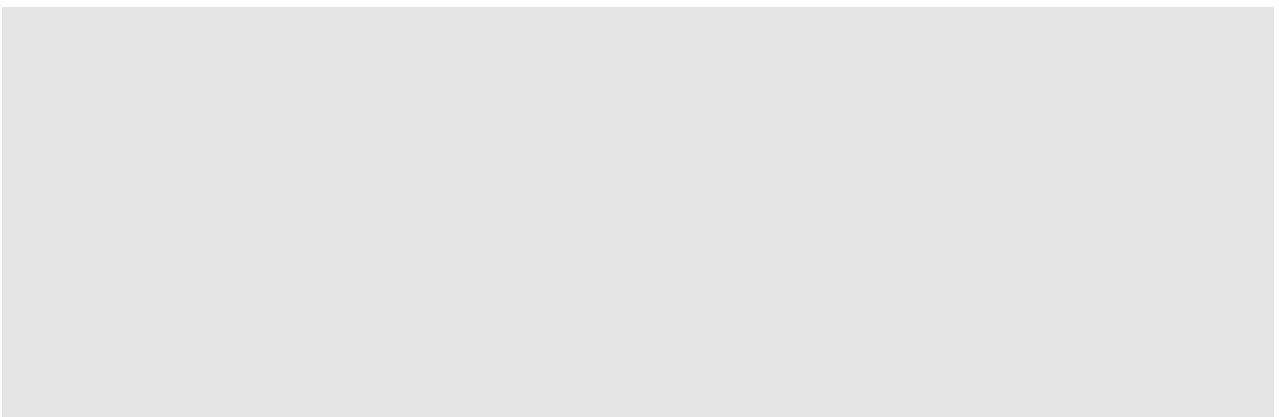
The date I choose to be free: ____/____/____

1 ♡ -----	2 ♡ -----	3 ♡ -----	4 ♡ -----	5 ♡ -----
6 ♡ -----	7 ♡ -----	8 ♡ -----	9 ♡ -----	10 ♡ -----
11 ♡ -----	12 ♡ -----	13 ♡ -----	14 ♡ -----	15 ♡ -----
16 ♡ -----	17 ♡ -----	18 ♡ -----	19 ♡ -----	20 ♡ -----
21 ♡ -----	22 ♡ -----	23 ♡ -----	24 ♡ -----	25 ♡ -----
26 ♡ -----	27 ♡ -----	28 ♡ -----	29 ♡ -----	30 ♡ -----

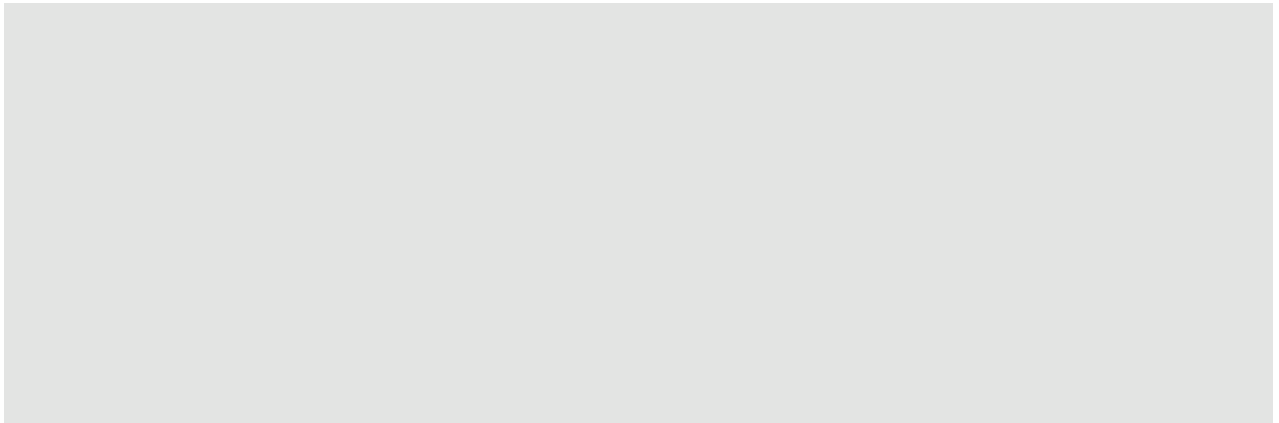
My Big Why - I want to be free of alcohol because... (list as many why's as possible)



The Most Loving Things I can do for myself when I'm struggling...



In order to manage my Triggers I need to.....



This is the beginning of the journey back to my true self.

The lovely rewards that I can have instead of alcohol are...

The people I know who will support me when I need it are...

In 30 days time I want to feel...

To protect my sobriety I will tell other people... (feel free to lie if necessary)

I love and approve of myself.

Money

Add up the amount of money you typically spend on alcohol. Make sure you include everything:

- Alcohol (remember to include the extra at the weekend)
- Cigarettes
- Painkillers
- Take away food
- Taxis
- Beauty products to make you look like you don't drink
- Movies you hire to keep the kids quiet

The money I spend each:

WEEK	MONTH	YEAR
<input type="text"/>	<input type="text"/>	<input type="text"/>

Time

Add up the amount of time you typically spend on alcohol. Make sure you include everything:

- The amount of time drinking it
- Hangover time
- Phone scrolling time
- Shopping for it
- Social media when you should be working
- Anything else where alcohol takes your time.....

The time alcohol sucks out of my life each:

WEEK	MONTH	YEAR
<input type="text"/>	<input type="text"/>	<input type="text"/>

I welcome abundance into my life with open arms.

With this time and money I can...

The things I can do to nurture and be kind to myself every day are...

I am free to live the life I choose.

THANK YOU!

I do hope you find this tracker useful and are beginning to see your life change for the better.

If you need any additional support, simply point your camera at the QR code below for more information:



Much love always, Jules xxx