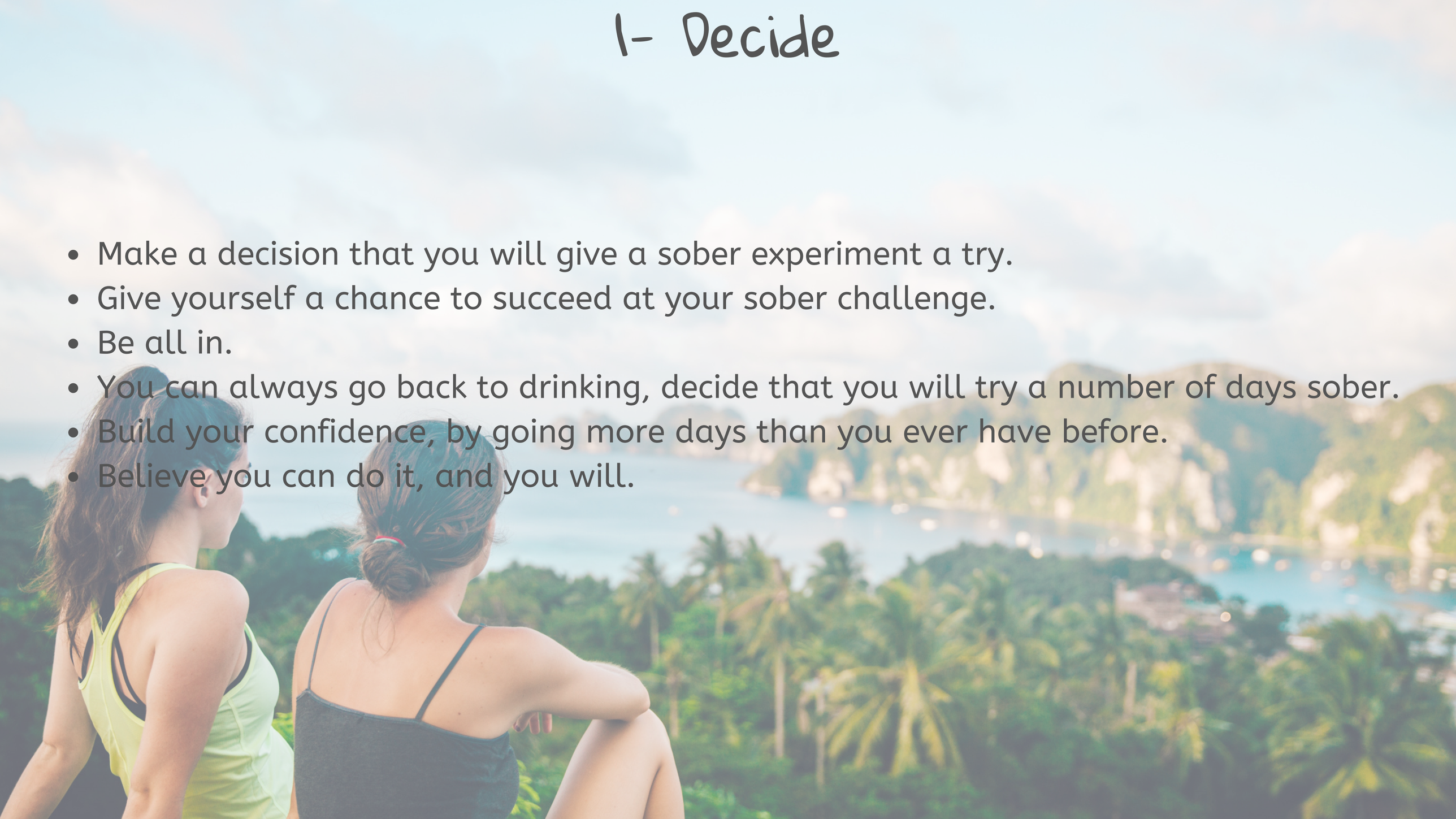
A Dozen Dirty Sober Success Secrets

Get Free. Stay Free.

Hi, I'm Heather. Congrats on taking a first step to evaluate your relationship with alcohol. I got sober in February of 2018. At the time, it seemed impossible to get through the day without wine. Now I wouldn't have it any other way. Ditching the drink was hard, but it was so worth it. These are my best 12 sober secrets to get you through the first few weeks. I am so proud of you for challenging yourself to remove alcohol for a period of time. Removing alcohol is a great way to gain clarity on your purpose.

Live the life you were made for.

1- Decide



- Make a decision that you will give a sober experiment a try.
- Give yourself a chance to succeed at your sober challenge.
- Be all in.
- You can always go back to drinking, decide that you will try a number of days sober.
- Build your confidence, by going more days than you ever have before.
- Believe you can do it, and you will.

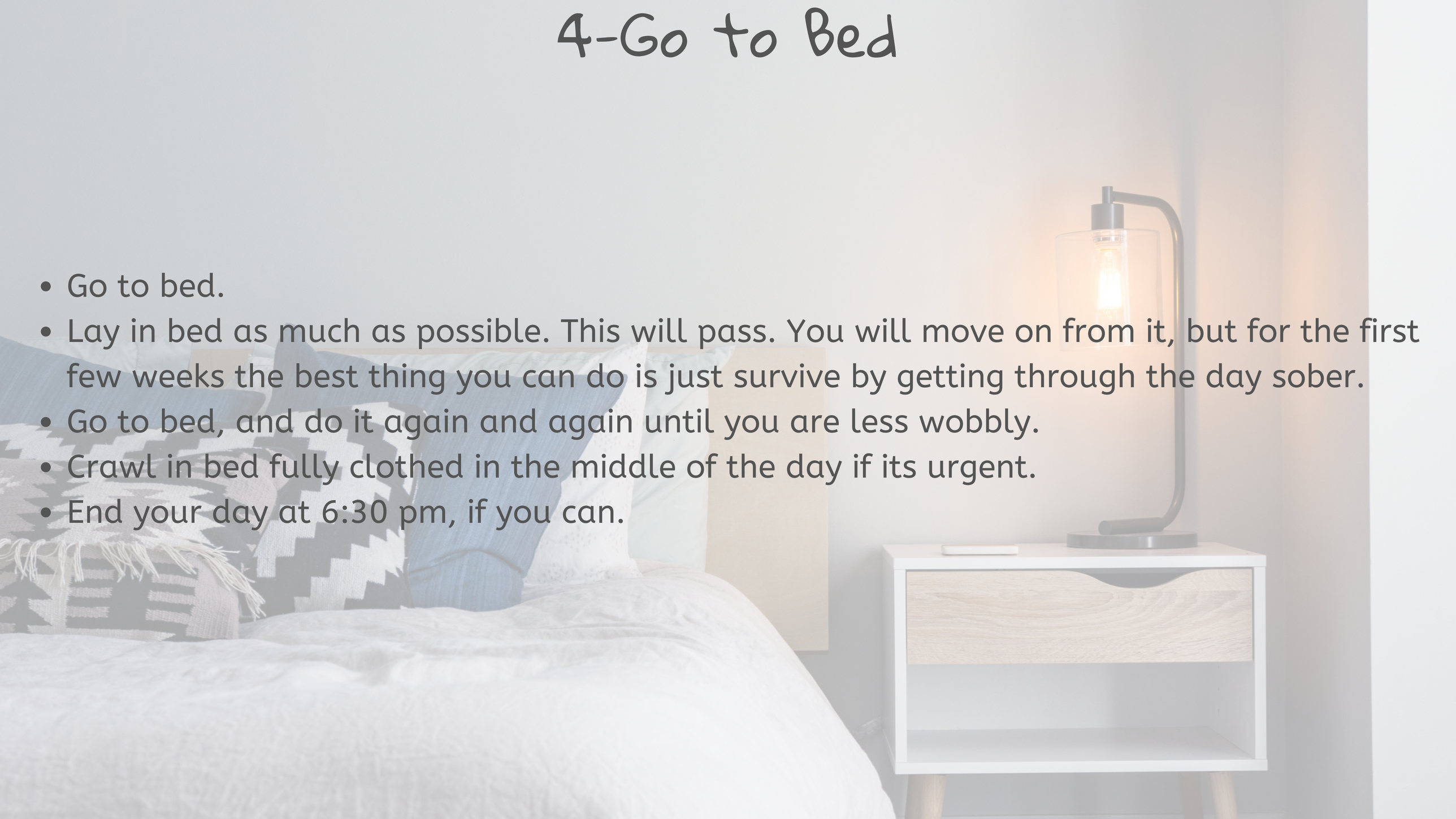
2-Commit

- Wanting to change your drinking habits is not enough. You need to commit.
- You do not need to commit to a life of sobriety right now.
- You do need to commit that for the next # of days, you will not give up on yourself.
- Commit to completing a sober challenge.
- Put it in your mind that you will be alcohol free for # of days.
- Do not give up on yourself.
- It will be hard, but temporary. You will commit to getting through, even when it is hard.
- Commit to getting through the day sober.
- Prioritize staying 100% alcohol free for # of days.

3-Underwhelm

- Do less. Expect less. This is your goal for right now.
- Avoid everything you can. Do not overwhelm yourself with anything at all.
- Tell your family to expect the minimum of you. Does making dinner feel like too much? Then don't do it. Order in. Laundry too much? Don’t do it.
- Do the minimum requirement in every area of your life. This too will pass, but for now underwhelm yourself.
- Congratulate yourself every time you get under the covers, cancel a responsibility, or blow off a chore.
- Underwhelm yourself as if your life depended on it.

4-Go to Bed



- Go to bed.
- Lay in bed as much as possible. This will pass. You will move on from it, but for the first few weeks the best thing you can do is just survive by getting through the day sober.
- Go to bed, and do it again and again until you are less wobbly.
- Crawl in bed fully clothed in the middle of the day if its urgent.
- End your day at 6:30 pm, if you can.

5-Replacement drink

- Remove all temptation. Give your booze away.
- Get yourself a replacement drink and change your routine.
- Stock up on coffee, tea, and/or sparkling water.
- Find your new drink, buy a special glass or mug and indulge in your new routine.
- Club soda with lime is a perfect order when you go out. Enjoy.
- Have fun trying new infused waters, trendy mocktails, and sweet milkshake delights.

6-Rewards

- Money is no issue. You spent at least $20 on wine, you can buy yourself a $10 latte, $6 worth of candy, a $15 movie.
- Every single day you will reward yourself with something for your efforts.
- Eat whatever the fuck you want. Now is not the time to diet.
- Ice cream, baths, candles, manicures, thai take out, whatever will feel like luxury to you, do it.
- Fill your Amazon cart with new books, plants, or golf balls.
- You are rewiring your brain, you must feed it a reward daily.
- Getting sober is hard, but you can make it easier by treating yourself.
- I repeat, do not use no money as an excuse. Whatever you spent on booze can be spent on something to remain booze free.
- Eventually you will lose weight and save money. Today you will just stay sober.

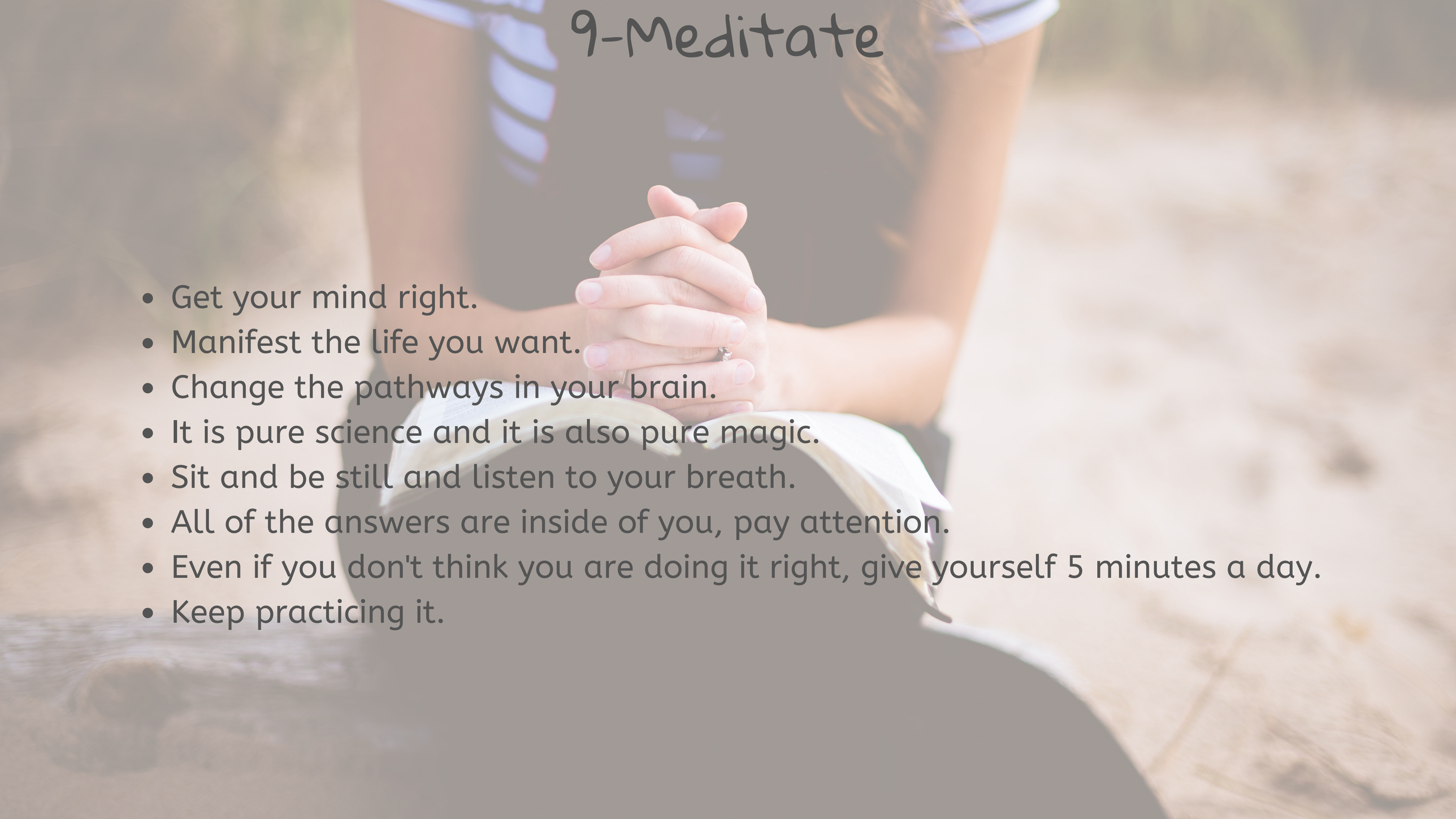
7-Plan

- How can you change your routines to fight cravings?
- Shift the energy, and trick your cravings by doing something new.
- 8 pm your biggest urge? Start going to the gym at 8 pm.
- Friday nights your biggest craving for wine on the couch? Buy a milkshake and head to the mall instead.
- Put sober activities on your calendar. Farmer's Markets, sunset walks, coffee dates.
- Fantasizing about having a drink? Delay it.
- Plan to drink later, when your challenge is over.
- Just plan to not drink today.

8-JOurnal

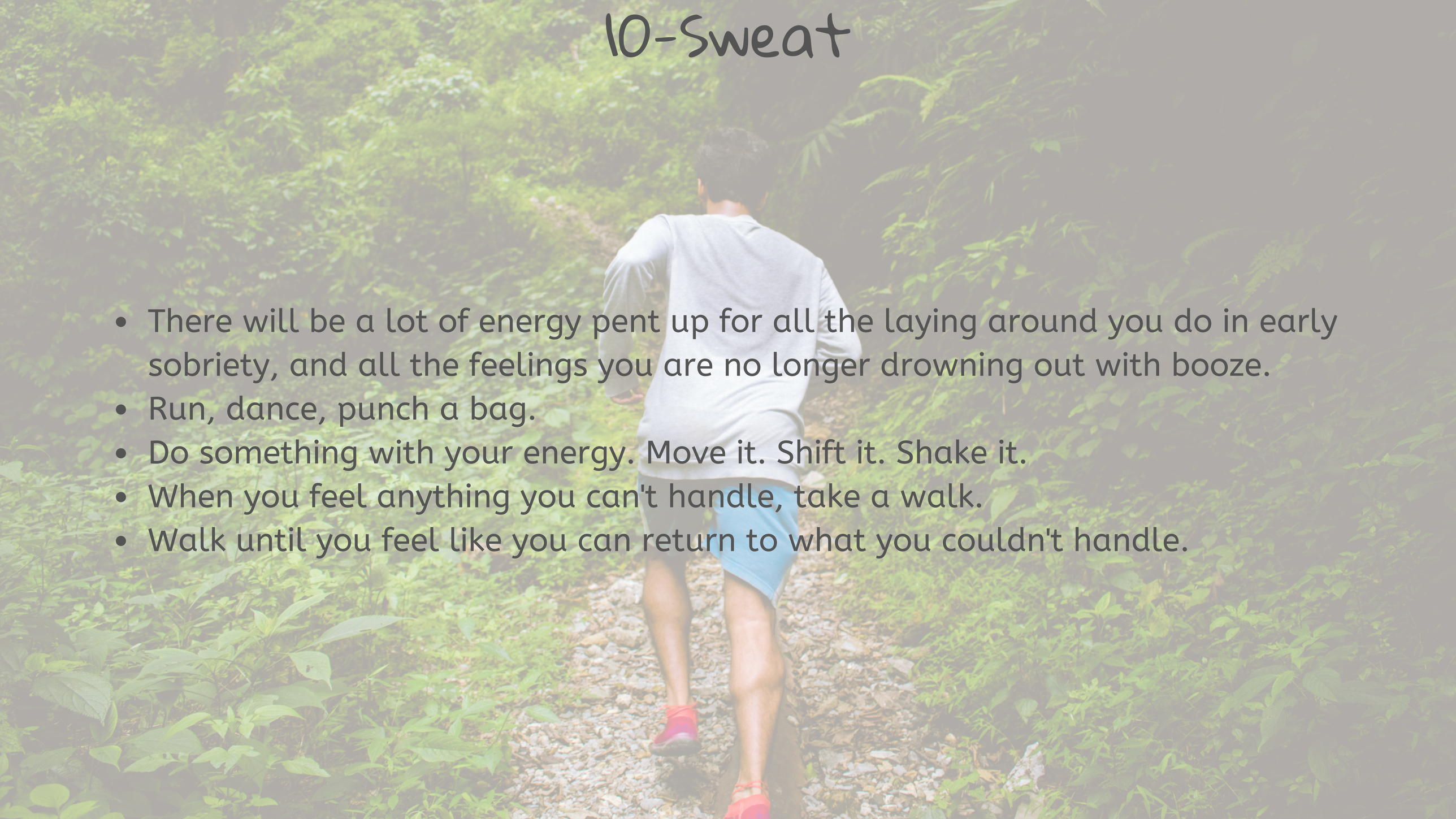
- Write it all out. You do not have to make sense of it. Just write what you feel.
- Express yourself. This is for no one but you. Write without reservations.
- Let it out. Write your anger. Write your pain. Write your story.
- Release with your thoughts with your words every single day.

9-Meditate



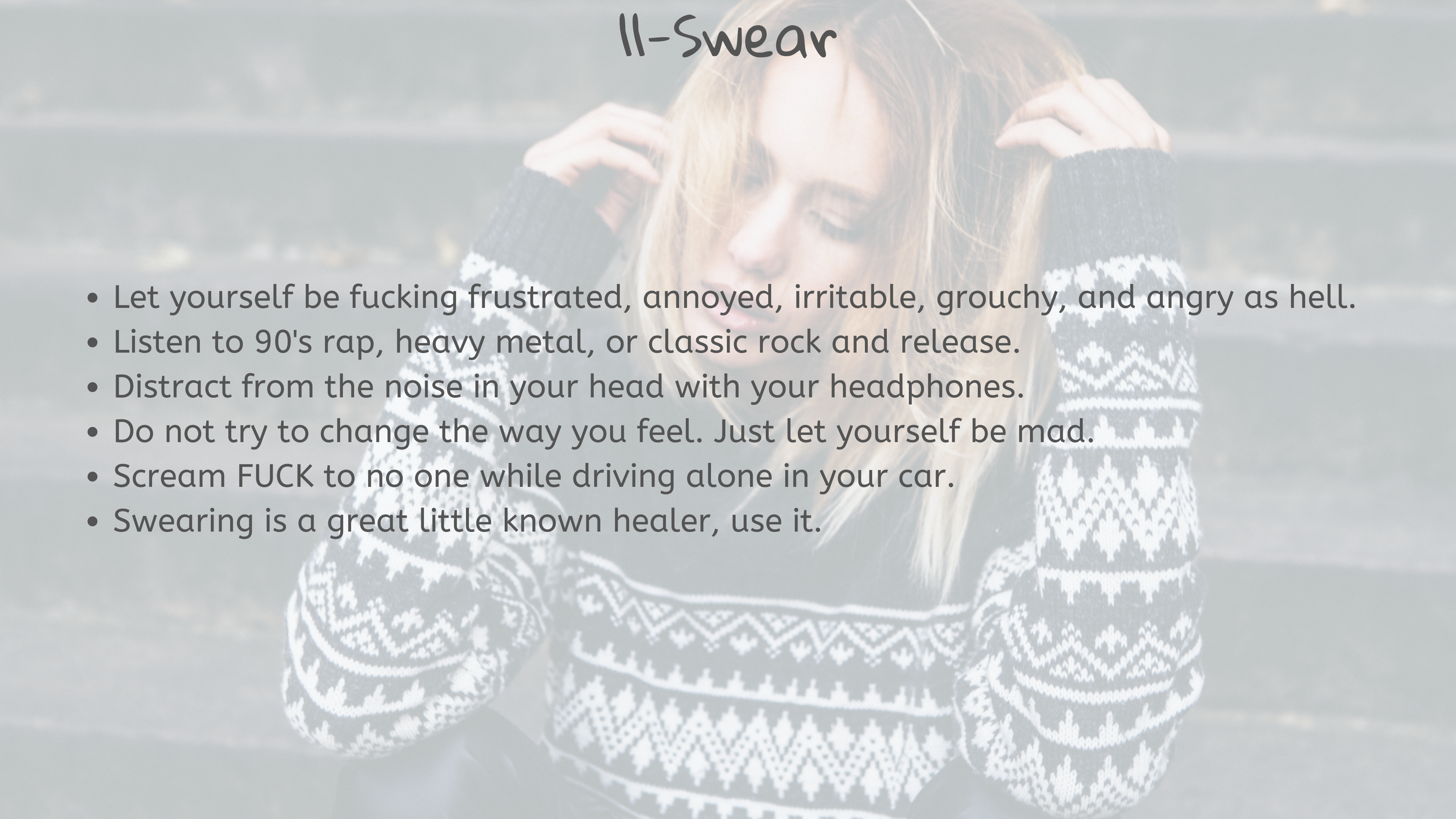
- Get your mind right.
- Manifest the life you want.
- Change the pathways in your brain.
- It is pure science and it is also pure magic.
- Sit and be still and listen to your breath.
- All of the answers are inside of you, pay attention.
- Even if you don't think you are doing it right, give yourself 5 minutes a day.
- Keep practicing it.

10-Sweat



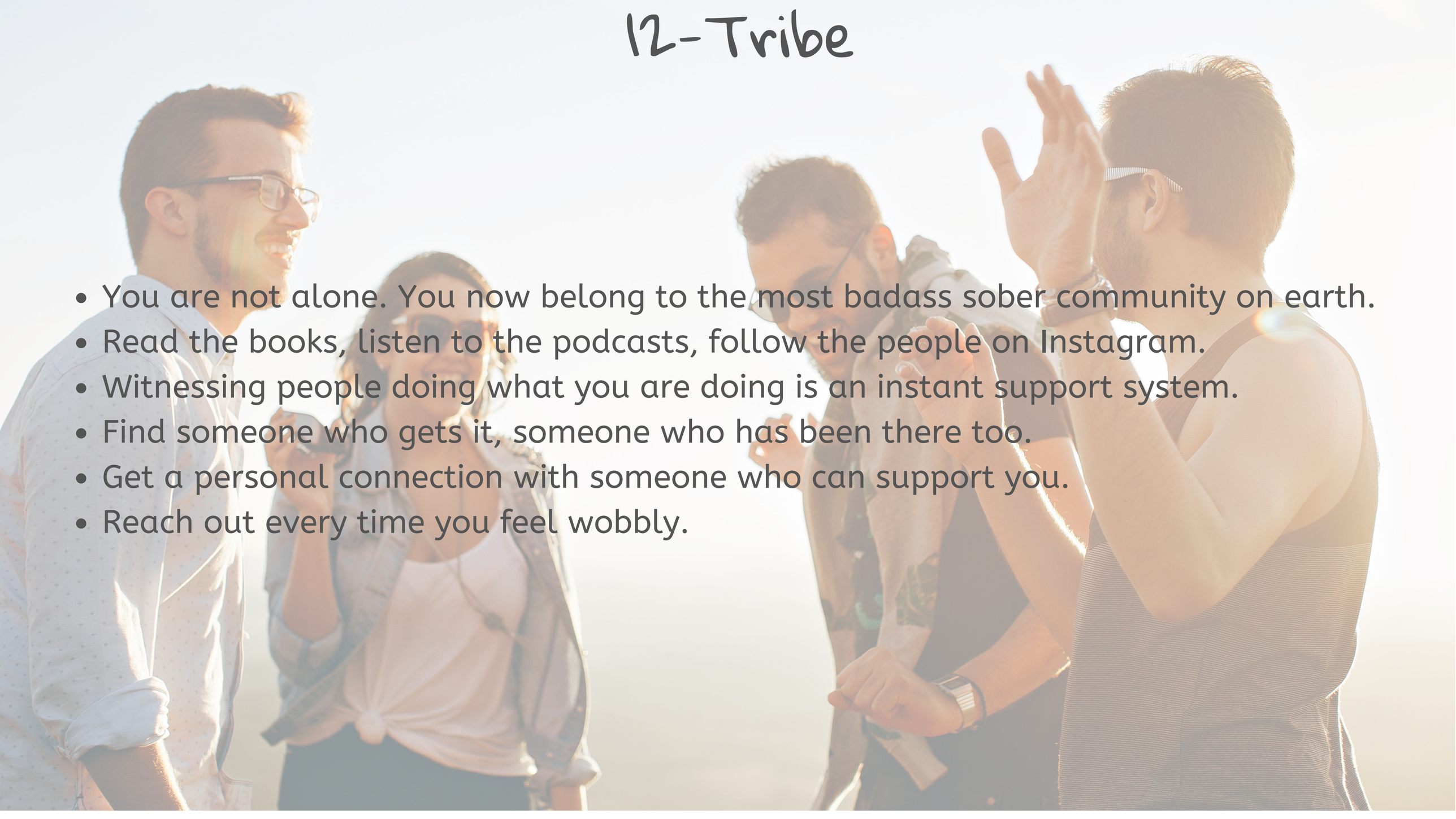
- There will be a lot of energy pent up for all the laying around you do in early sobriety, and all the feelings you are no longer drowning out with booze.
- Run, dance, punch a bag.
- Do something with your energy. Move it. Shift it. Shake it.
- When you feel anything you can't handle, take a walk.
- Walk until you feel like you can return to what you couldn't handle.

11-Swear



- Let yourself be fucking frustrated, annoyed, irritable, grouchy, and angry as hell.
- Listen to 90's rap, heavy metal, or classic rock and release.
- Distract from the noise in your head with your headphones.
- Do not try to change the way you feel. Just let yourself be mad.
- Scream FUCK to no one while driving alone in your car.
- Swearing is a great little known healer, use it.

12-Tribe



- You are not alone. You now belong to the most badass sober community on earth.
- Read the books, listen to the podcasts, follow the people on Instagram.
- Witnessing people doing what you are doing is an instant support system.
- Find someone who gets it, someone who has been there too.
- Get a personal connection with someone who can support you.
- Reach out every time you feel wobbly.

Sober Challenge Mantra

I've decided to be free from alcohol for # days.
I am committed to being alcohol free for # days.
Even when it gets hard, I will stay alcohol free.
I believe in myself.
I have tools and support to help me.
I will successfully complete my sober challenge.