



SoBeYon

WITH SOBER YOU

Introduction

Welcome to SoBerYou30

- You will receive a lesson and worksheet daily.
- Each lesson is designed to support you on your adventure and provide you with tools and strategies during the 30 days and beyond.
- As you progress you may find it a good idea to revisit some lessons and add new content.
- Each element is an important tool within your own personal Sober Tool Kit.

Have fun and really enjoy the process!

SoberYou30 - Content

Give Sober a Try!

A 30 day course providing you with guidance, inspiration and information.

Supporting you through your 30 day adventure.

Module 1 - Ways, Whys, When & What?

Day 1 - Ways I like to be?

Day 1 Bonus - WOOP

Day 2 - What is your why?

Day 3 - Why not?

Day 4 - What & When?

Day 5 - What Type of drinker are you?

Day 6 - Types of drinker?

Day 7 - Types of drinker?

Module 2 - Your Sober Tool Kit

Day 8 - Four Bodies of Wellness - Physical Body

Day 9 - Mental Body

Day 10 - Emotional Body

Day 11 - Spiritual Body

Day 12 - Grounding

Day 13 - Journalling & Gratitude

Day 14 - Meditation

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Module 2 - Your Sober Tool Kit

Day 15 - HALT

Day 16 - FOMO

Day 17 - JOMO

Day 18 - RAIN

Day 19 - Building Your Sober Tool Kit

Day 20 - Sober & Social

Module 3 - Where's Your Head at?

Day 21 - Triggers

Day 22 - Thoughts

Day 23 - Emotions

Day 24 - Addictive Voice

Day 25 - Limiting Beliefs

Day 26 - Affirmations

Day 27- Cognitive Dissonance

Day 28 - Euphoric Recall

Day 29 - Neuroplasticity

Day 30 - Stages of Change