



# Build a Sober Routine During Dry January and Beyond: Week 1



Are you ready to take on the Dry January Challenge and build a sober routine? This worksheet will help you stay on track and make the most of your alcohol-free month.

## Assess Your Goals

Take some time to reflect on why you want to do Dry January. What are your personal goals and motivations?

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## Clear Out the Alcohol

Remove any alcohol from the home to reduce temptation.

## Share Your Commitment

List 1-3 friends or family members you plan to share your commitment with who can offer encouragement and understanding.

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\_\_\_\_\_

\_\_\_\_\_

## Plan Sober Activities

Make a list of sober activities and events to participate in throughout the month, like:

- Start a new hobby
- Catch up reading or shows
- Join/coach a sports team
- Visit the park or library
- Explore your town or city

Figure out your plans:

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If you're struggling to meet your Dry January goals, it may be a sign of alcohol addiction. Call our Recovery Advocates at 855-623-0398 today for help.



## Build a Sober Routine During Dry January and Beyond: Week 2

### Identify Triggers

Recognize situations that may tempt you to drink and use strategies to cope with them. Here are some common triggers and coping strategies to help. Take time to identify your own triggers and make a plan to avoid or manage them.

#### Trigger

Places You Drink

Physical Symptoms

Overwhelming Emotions

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#### Coping Strategy

Avoid & Plan Alternative

Engage in Distracting Activity

Talk It Through

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### Find a Support System

List 1-3 friends or family members you can reach out to for support and encouragement.

**Name**

**Phone Number**



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# Build a Sober Routine During Dry January and Beyond: Week 3



When building a sober routine, it is also essential to build a self-care routine that will help your physical and mental health.

## **Prioritize Sleep**

Aim for at least 7-8 hours of quality sleep each night.

## **Balance Your Nutrition**

Maintain a balanced diet to keep your body and mind strong. List some of your favorite healthy meals:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **Exercise Regularly**

Physical activity can boost your mood and reduce cravings. List some of your favorite workouts or a new physical activity you would like to try:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **A Balanced Diet**

Here are some recommendations for nutrient rich food groups to include in your routine:



**Water**



**Fruits and Vegetables**



**Whole Grains**



**Low-fat Proteins**



**Dairy**



**Multivitamins**

- Vitamin B-Complex
- Vitamin A
- Omega-3
- Zinc
- Vitamin C



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# Build a Sober Routine During Dry January and Beyond: Week 4



Connecting with your support system and becoming active within the community can also be beneficial to staying on track with your routine.

## Stay Connected

Engage in social activities with family and friends. List a few that you have been looking forward to trying:

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## Share Your Progress

Acknowledge the progress you've made and share it with someone you trust. Fill in the blank and sign below:

I will share my progress with:

Person: \_\_\_\_\_

On this date: \_\_\_\_\_

\_\_\_\_\_  
Signature Date

## Stay Involved

There are many ways to get involved within your community and connect with others on their recovery journey.

- Attending recovery meetings
- Joining group therapy
- Creating a support group

Make your plans:

\_\_\_\_\_

\_\_\_\_\_

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## Build a Sober Routine During Dry January and Beyond: Week 5



### Reflect On Your Progress

Reflect on the positive changes you've experienced during Dry January. Write about them below.

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### Share

Share your success with your support network, whether that be close friends, family, or professionals who have helped you through your journey.

### Set Long-Term Goals

Set new goals for your sobriety journey. What do you want to accomplish? List them below:



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# Build a Sober Routine During Dry January and Beyond: Week 6



Your sober routine doesn't have to end after Dry January. Take some time to plan your next steps beyond the sober month.

## Evaluate Your Experience

Evaluate how you feel about your alcohol-free experience this month. What went well? What didn't?

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## Consider Your Next Steps

Consider moderation, continued sobriety, or seeking professional help. If you experienced withdrawal symptoms like these, you may need professional treatment to stop your alcohol use long-term:

- Anxiety
- Sweating
- Increased heart rate
- Tremors
- Insomnia
- Nausea
- Hallucinations
- Seizures

## Celebrate Your Milestone

It is important to reward yourself for the progress you've made. Here are a few examples, but think of what speaks to you:

- ✓ Have a non-alcoholic beverage
- ✓ Have a sweet treat
- ✓ Have a spa day
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## Get Professional Support if Needed

If you felt alcohol withdrawal symptoms while avoiding alcohol, The Recovery Village facilities offer alcohol addiction treatment 24/7. Connect with our Recovery Advocates for help. Call **855-623-0398** and get your life back today.



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