

ONE DAY AT A TIME

1

24HRS

MONTH

3

4

5

6

7

WEEK 1
168HRS

8

9

10

11

12

13

14

WEEK 2
168HRS

15

16

17

18

19

20

21

WEEK 3
168HRS

22

23

24

25

26

27

28

WEEK 4
168HRS

29

30

1 MONTH
720HRS

REWARD

YOU ARE AMAZING

THINGS YOU CAN DO

GET A TAKEOUT
TAKE A NAP
SOAK IN THE BATH
COLOUR OR DOODLE
EXERCISE
WATCH A MOVIE

CALL A FRIEND
PLAY YOUR FAVE SONG
GO FOR A WALK
PLANT A FLOWER
START A NEW BOOK
BAKE A TREAT

ONE DAY AT A TIME

1

24HRS

3

4

5

6

7

WEEK 1
168HRS

MONTH

8

9

10

11

12

13

14

WEEK 2
168HRS

15

16

17

18

19

20

21

WEEK 3
168HRS

22

23

24

25

26

27

28

WEEK 4
168HRS

29

30

31

1 MONTH
744HRS

REWARD

YOU ARE AMAZING

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DAY

OF MY SOBRIETY JOURNEY

YOU GOT THIS

STEPS TAKEN TODAY TO STAY SOBER

THINGS I FOUND HARD TODAY

YOU ARE STRONG

HOW ARE YOU
FEELING TODAY?

1 2 3 4 5 6 7 8 9 10

NOTES

