



My Sober Life Journey

Your Guide For First 30 Days and Beyond

Coach Casey-Sobriety Life and Wellness

Table Of Contents

My Sober Life Journey—The First 30 Days	2
Getting Ready for Your New Journey	4
Building Your Support System	6
Dealing with Lack of Confidence	8
Navigating Triggers and Cravings	10
Finding New Ways to Cope	12
Dealing with Emotional Highs and Lows	14
Celebrating Small Wins	16
Looking Ahead: Building a Life You Love	18



01

My Sober Life Journey—The First 30 Days



A Compassionate Guide to Starting and Navigating Your Path to Sobriety
Sobriety is not a one-size-fits-all journey. This guide offers tools, reflections, and encouragement to help you navigate the first 30 days and beyond with self-compassion and purpose.



02

Getting Ready for Your New Journey

– Clear Your Space: List items or alcohol to remove and substitutes to add.

Why: A clean, alcohol-free space reduces temptation and creates a supportive environment for sobriety.



– Identify Your 'Why': Write about why you want to explore sobriety.

Why: Understanding your motivations provides clarity and keeps you focused during challenging moments.

– List Your Allies: Identify three supportive people or environments.

Why: Supportive people and spaces give you encouragement and accountability.

– Create a Toolbox: Gather resources like books, podcasts, or apps.

Why: Having ready tools ensures you're prepared when challenges arise.

List 5 Reasons Why You Want to Get Sober

Be Honest With Yourself. Your Reasons May Change Over Time But Get Started Here!

My Top 5 Reasons

- _____
- _____
- _____
- _____
- _____

03

Building Your Support System

– Support Map: List three people who support your goals.

Why: Knowing who has your back helps you feel less alone and builds your confidence.

– Join a Community: Name a group or community to join.

Why: Communities provide shared experiences and motivation for lasting change.

– Communication: Write a script for sharing your sobriety goals with others.

Why: Clear communication ensures your needs are understood and respected.



To do list For Creating Your Support Community

Write 5 Goals For Building Your Support Community

In 6 months from now I want to achieve...

- _____
- _____
- _____
- _____
- _____

04

Dealing with Lack of Confidence

– Confidence Boosters: Reflect on three past challenges you've overcome.

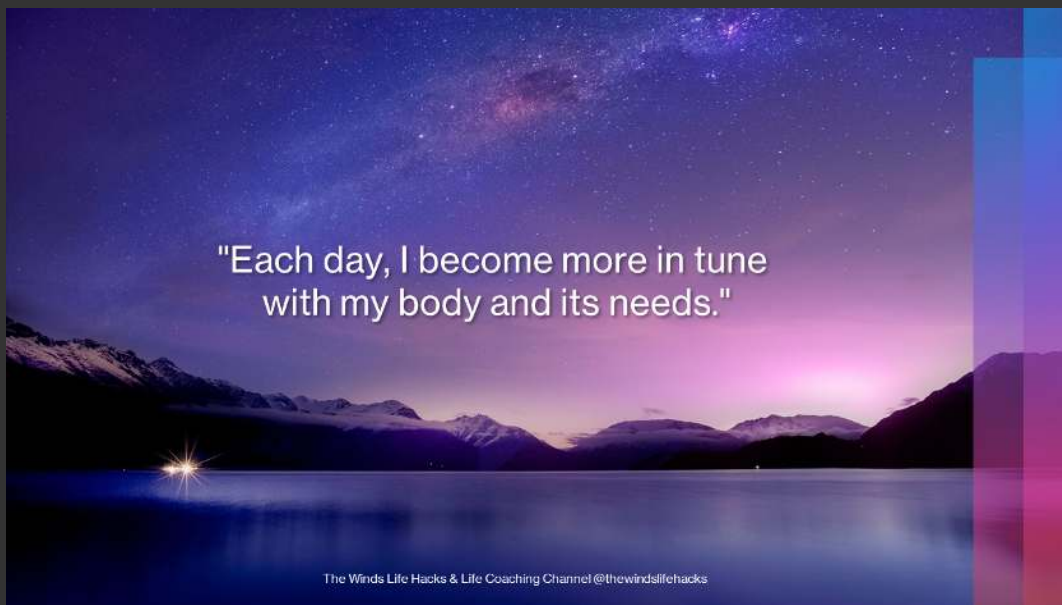
Why: Recognizing your resilience reminds you of your strength to face new challenges.

– Daily Affirmations: Write affirmations you'll use (e.g., 'I am strong and capable').

Why: Positive affirmations rewire your mindset, building belief in your ability to succeed.

– Journal Prompt: Reflect on what confidence means to you and how you can build it.

Why: Self-awareness is the foundation of sustainable personal growth.



Dealing With Lack of Confidence Goals

Write 5 Goals You Want to Achieve

In 6 months from now I want to achieve...

- _____
- _____
- _____
- _____
- _____

05

Navigating Triggers and Cravings



– Trigger Plan: Identify five common triggers and write strategies for managing each.

Why: Planning ahead helps you respond to triggers with intention, not impulse.

– Cravings Log: Note triggers, time, situation, and your response.

Why: Tracking cravings reveals patterns and empowers you to develop better coping strategies.

– Pause and Plan: Create a strategy for pausing and planning during cravings.

Why: Pausing interrupts automatic responses, giving you space to make healthier choices.

List 5 Ways To Deal With Alcohol Cravings

Be Honest With Yourself. Your Reasons May Change Over Time But Get Started Here!

When I Crave Alcohol, I Will:

- _____
- _____
- _____
- _____
- _____

06

Finding New Ways to Cope

– Self-Care Menu: List 10 calming or energizing activities.

Why: Replacing drinking with fulfilling activities enhances your emotional and physical well-being.

– New Hobby Tracker: Choose one new hobby to try each week and record your enjoyment.

Why: Discovering new interests brings joy and reduces the time and space for old habits.

– Daily Routine: Design a morning or evening routine to ground yourself.

Why: Structure provides stability and reinforces healthy habits.



List 5 Activities You Can Do Right Now To Help You Cope

Be Honest With Yourself. Your Reasons May Change Over Time But Get Started Here!

Start Your List Here. Come Back After 30 Days And View Your Progress

- _____
- _____
- _____
- _____
- _____

07

Dealing with Emotional Highs and Lows

– Emotions Log: Track your emotions daily. Note triggers, intensity, and coping strategies.

Why: Understanding your emotions helps you process them constructively and reduces overwhelm.

– Emotional Toolkit: List resources (e.g., favorite music, books, affirmations) to help process emotions.

Why: Preparing tools ensures you're ready to navigate emotional moments without turning to alcohol.

– Reflective Prompt: What emotions have surprised you, and what have they taught you?

Why: Reflection fosters learning and growth from your emotional experiences.



List 5 Ways You Can Manage Your Emotional Highs And Lows

Be Honest With Yourself. Your Reasons May Change Over Time But Get Started Here!

Here Are 5 Steps I Can Take Right Now To Manage My Emotions

- _____
- _____
- _____
- _____
- _____

08

Celebrating Small Wins

– Milestone Planner: Set milestones for 1 day, 1 week, 1 month, etc. Plan rewards.

Why: Celebrating progress reinforces positive behaviors and keeps you motivated.

– Daily Wins Journal: Write down one thing you're proud of each day.

Why: Focusing on achievements builds confidence and a sense of accomplishment.

– Gratitude Reflection: List three things you're grateful for this week.

Why: Gratitude shifts your mindset to positivity and abundance, reducing the focus on challenges.



List 5 Ways You Can Reward Yourself For Small Wins

Be Kind To Yourself and Celebrate Your Small Wins!

Here Are 5 Things I Can Do To Reward Myself

- _____
- _____
- _____
- _____
- _____

09

Looking Ahead: Building a Life You Love

– Vision Board: Create a digital or physical board with images representing your ideal life.

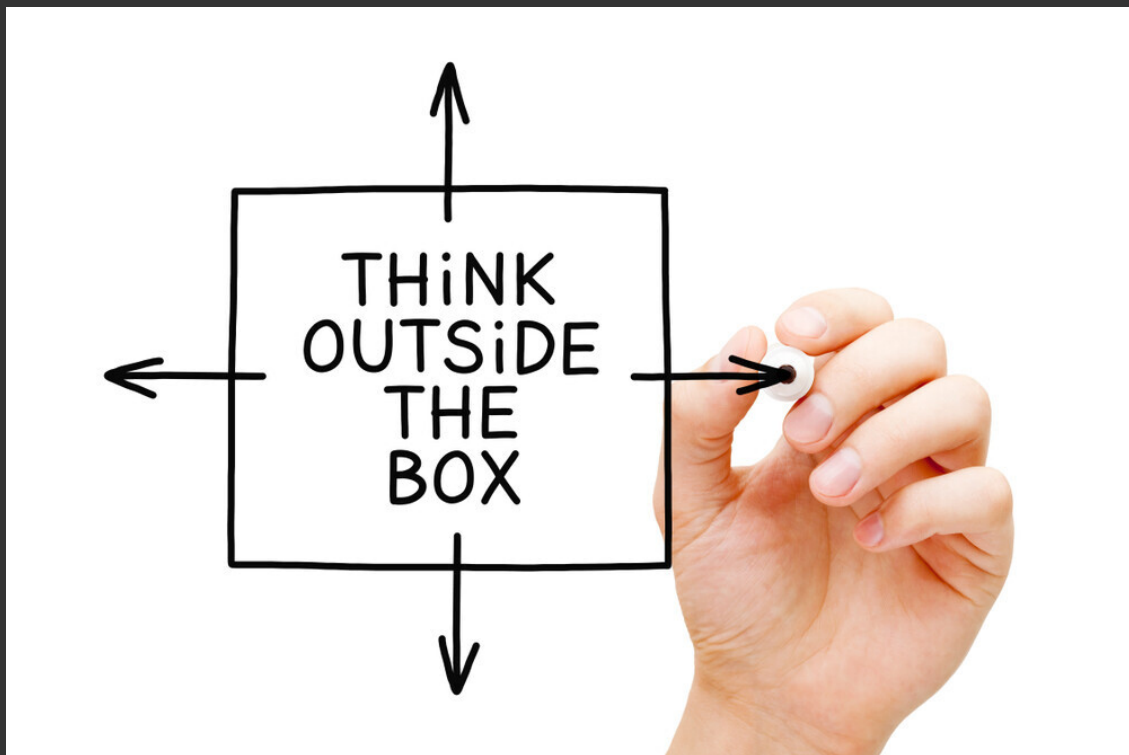
Why: Visualizing your future keeps you inspired and aligned with your goals.

– Goal-Setting Template: Break down your goals into actionable steps.

Why: Actionable steps make your dreams achievable and prevent overwhelm.

– Weekly Reflection: Reflect on how sobriety is supporting your long-term vision.

Why: Regular reflection connects your daily efforts to your larger purpose, keeping you on track.



What Can You Add To Your Vision Board Today?

Craft Your Dreams By Adding Them To Your Vision Board

- _____
- _____
- _____
- _____
- _____

Conclusion? Nope. Just The Beginning

Sobriety is a non-linear process. You'll probably find yourself working on one area, then decide to focus on another. That's fine. As long as you are committed to sobriety and are willing to "do the work" you are on the right track.

Be comforted knowing there are millions of people who suffer from Alcohol Use Disorder (AUD). You are not alone!

Your Author:

Coach Casey Turton began his commitment to full sobriety on Sept. 18, 2021 after years of failed "stops and starts" with getting sober. Coach Casey is a Certified Life & Wellness Coach and Certified Master Business Consultant. He has consulted with hundreds of individuals and businesses during more than 3 decades.

Online Sobriety Coaching Services from Coach Casey

Request Individual Sober Coaching Services At
<https://wellnesscompassinc.com> Free Initial Assessment and
Affordable Private Online Coaching Services