



Day 1 - Be the author of your success story

Create your vision for the future!

By mapping out what success looks like to you now, you'll have a clear picture of where you are wanting to go over the next 31 days. Let's get started!

QUOTE:

"30 days from now you can be in a completely different place mentally, physically and emotionally. You are SO close from having it...you just get to DECIDE to make a chance, and implement it daily!" - Lewis Howes

BIG PICTURE DAYDREAM MANTRA - I AM SOBER

In the field below, write or type out what your daydream looks like to you at the end of 31 days. Who are you with? What are you doing? How do you feel? How are you enjoying your day? Share any other thoughts below and create a crisp mental image of the person you expect to become after the Sober Challenge.

BIG PICTURE DAYDREAM - I AM THE BEST VERSION OF MYSELF

In the field below, describe the best possible version of yourself in exquisite detail! Don't leave anything out. Use the following questions as prompts in case you get stuck.

And don't forget to DREAM BIG. This is your chance to see yourself as you were meant to be. Write down your dreams and realize them through this vision exercise.

- How do you care for yourself?
- How do you treat others?
- What are the differences between the current version of yourself and the BEST version of yourself?
- What needs to change?
- What little steps do you need to do each day to slowly become your best possible self?



BIG PICTURE DAYDREAM - SUPPORT

My wish for you is certainly that these next 31 days are a BREEZE.

But, in the event they aren't, I'd love to have you think about what support you will need and write it down below. Think through what you will do when you get a craving to drink. Will you text a friend? Post on Instagram? Go for a walk? Make a cup of tea? Read scripture or inspiring quotes? Whatever it is, jot it down and come back to it! Remember: Cravings are only temporary!

DAILY BIBLE VERSE:

The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. Psalms 18:2 NLT

