

30 DAY ONLINE COURSE



SOBER 30 CHALLENGE

INTERACTIVE WORKBOOK

REDESIGN-REBUILD-RECLAIM-RECONNECT



HOW TO USE WORKBOOK

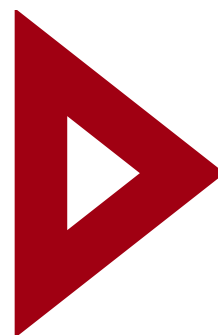
- Complete Exercises on **this editable PDF** and save on home computer **OR** print and keep score the old fashion way **OR** just print out 4 page/4 week scorecard without workbook, keep score, and do self reflections on paper
- Put some **skin in the game** with your partner: Small amount of money on the Line or humorous consequence of losing always works best.
- **KEEP SCORE** of your progress **ONCE** in the morning and **ONCE MORE** at night. (if you miss a day.... its all good.... just pick right back up where you left off)

COMMITMENT LEVEL

- If you have to skip a day or a week... **no problem..** just pick back up from where you left off! But be honest with your partner if you do.
- In total, exercises, videos, etc should **only take up 20 minutes** of your day.

HOW TO USE SCORECARD

- **Be honest!** Gotta look yourself in the mirror at the end of the day don't ya
- Mark an **"x" in box** next to any assignment/task you complete and total them at the end of the day and week
- Harass/Manipulate/ or Guilt trip **your partner daily** to help keep you both on track
- Extended Scorecard is available for after the initial 30 days is up. This is located on back page of this workbook and on website: Keep the habits going but be more casual about keeping score. **NO NEED TO BURNOUT**



SOBER 30 SCORECARD: WEEK ONE

Mark "X" next to all completed items and add daily totals together at the end of the week

Week One: Days 1-7	Day 1	D2	D3	D4	D5	D6	D7	Totals:
Watch Daily Video	10 points	10	10	10	10	10	10	=
Complete Daily Self Reflection	20 points	20	20	20	20	20	20	=
Read Daily Micro-Science	10 points	10	10	10	10	10	10	=
Complete Daily Meditation	20 points	20	20	20	20	20	20	=
Complete Daily Movement Task	20 points	20	20	20	20	20	20	=
Sleep Eight Hours Previous Night	10 points	10	10	10	10	10	10	=
Completely Sober: No Alcohol or Drugs	30 points	30	30	30	30	30	30	=
Wrote Down Five Things Grateful For Today	10 points	10	10	10	10	10	10	=
High Quality Interactions With 3 or More People Today:	10 points	10	10	10	10	10	10	=
Exercise Thirty Minutes or More:	30 points	30	30	30	30	30	30	=
No Junk Food, Never Felt Too Full, Plant or Fruit at Each Meal	20 points	20	20	20	20	20	20	=
Write in Self Goal:	20 points	20	20	20	20	20	20	=
Write in Self Goal:	20 points	20	20	20	20	20	20	=
Weekly Total	*	*	*	*	*	*	*	=

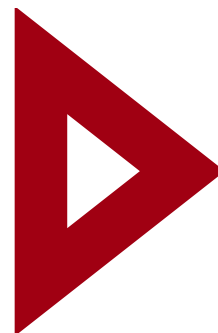
Self Goals (Your Choice): I.e. Eat Vegetarian, Read Book Daily, Yoga, No Social Media, Journal, etc, etc

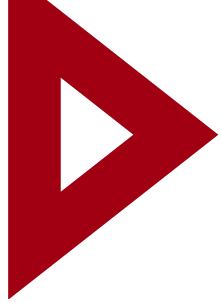
DAY 1 SELF REFLECTION

In each category below, on a 1-10 scale (1=not satisfied vs 10= highly satisfied. Mark with an "X" your current level of satisfaction in each area.



1) Relationships:	1	5	10
2) Family:	1	5	10
3) Home:	1	5	10
4) Creativity:	1	5	10
5) Career:	1	5	10
6) Personal Development	1	5	10
7) Spirituality:	1	5	10
8) Health:	1	5	10
9) Finances:	1	5	10
10) Social Life:	1	5	10
11) Play:	1	5	10





DAY 2 SELF REFLECTION

In each lifestyle category below fill in the boxes with habits you want do more of in the top boxes and habits you want to do less of in the bottom boxes. This chart is great to choose from when making self goals on scorecard!! Try to make them specific and easy to follow.



Ex: Hang Out Lewis

Three empty rectangular boxes stacked vertically.

Ex: Read a Book

Three empty rectangular boxes stacked vertically.

Ex: Go for a Walk

Three empty rectangular boxes stacked vertically.

Ex: Journaling

Three empty rectangular boxes stacked vertically.

HABITS THAT NOURISH YOUR SOCIAL SELF

HABITS THAT NOURISH YOUR MIND

HABITS THAT NOURISH YOUR BODY

HABITS THAT NOURISH YOUR SPIRIT

HABITS THAT POISON YOUR SOCIAL SELF

HABITS THAT POISON YOUR MIND

HABITS THAT POISON YOUR BODY

HABITS THAT POISON YOUR SPIRIT

Three empty rectangular boxes stacked vertically.

Three empty rectangular boxes stacked vertically.

Three empty rectangular boxes stacked vertically.

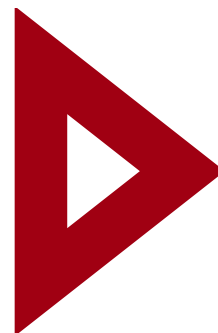
Three empty rectangular boxes stacked vertically.

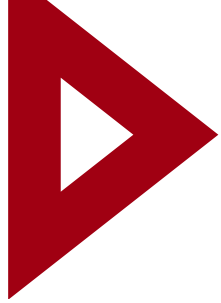
Ex:Using Facebook

Ex:Drinking Alcohol

Ex: Eating Cheap Chocolate

Ex:Unrealistic Expectations





DAY 3 SELF REFLECTION

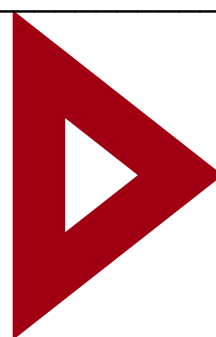
On day 1 you rated yourself in eleven categories. It is now time to make a small moderate goal for those categories that you would be able to attain by the end of the week. The goals should be **SMART: Specific, Measurable Achievable, Relevant, and Time-bound**

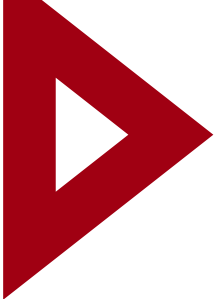


Smart Goals

Life Categories

- 1) **"Relationships" Goal for this week:** _____
-Ex: Make my significant other a meal, Call a friend who is need of support, etc
- 2) **"Family" Goal for this week:** _____
-Ex: Call my mom to see how she is doing, Take my son to play catch, etc.
- 3) **"Home" Goal for this week:** _____
-Ex: Clean the "everything" drawer, Trim the bushes, put up a photo on fridge, etc
- 4) **"Creativity" Goal for this week:** _____
-Ex: Put aside an hour for a personal hobby,
- 5) **"Career" Goal for this week:** _____
-Ex: Discuss with co-worker an area of friction, Research possible trainings, etc
- 6) **"Personal Development" Goal for this week:** _____
- Ex: Journal daily,
- 7) **"Spirituality" Goal for this week:** _____
-Ex: Watch a sunset, Take time to sit in silence, Attend group activity, etc
- 8) **"Health" Goal for this week:** _____
-Ex: Take a walk, Make smaller food portions, Go to bed up 9 PM, etc
- 9) **"Finances" Goal for this week:** _____
-Ex: Look at savings account, Eat out less, Put money away for a vacation, etc
- 10) **"Social Life" Goal for this week:** _____
-Ex: Ask friend to have dinner, Attend weekend BBQ, etc
- 11) **"Play" Goal for this week:** _____
-Ex: Get outside more, Play golf, Yoga, etc





DAY 4 SELF REFLECTION

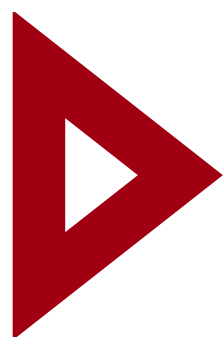
Write down 10 things your worried about. They can be from this week, last year, or anytime really.



Worries Far And Wide

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____


Here's the good news: On average 9 of these worries won't come true and the 1 that does won't be as bad as you expect: Science says it, so it must be true



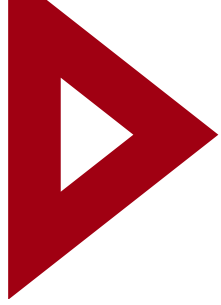


DAY 5 SELF REFLECTON

Circle or mark with an "X" the three times in your day when you would be willing to take a deep breathe today: IN and OUT! Every time you take an intentional breathe it realizes the equivalent of 5 mg of Valium (anti-anxiety drug) into your system.

- 1)Right now.... as in right now....
 - 2)When You Walk Through a Doorway
 - 3)After You Step Out of the Shower
 - 4)Before You Open Your Door at Work
 - 5)Mid Conversation With Anyone
 - 6)Before You Decide What to Eat
 - 7)When You Feel Overwhelmed
 - 8)Before You Sit Down
 - 9)When Walking Up Any Stairs
 - 10)At A Stoplight
 - 11)While Washing Your Hands
 - 12)When You Turn a Light On
 - 13)After Saying Hello
 - 14)Before Sending a Text
 - 15)When You Get off Work
- 





DAY 6 SELF REFLECTION

Write down ten times in your life when you overcame a life obstacle. It could be big or small, the point is you got through it! Below that write a quick overview of what you learned from overcoming that obstacle.



Mountains and Molehills: Life Obstacles

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Lessons Learned from Each obstacle

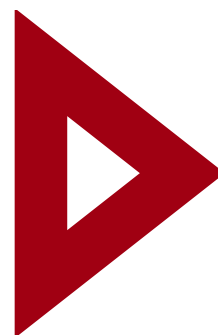
- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____





DAY 7 SELF REFLECTON

From the list below circle or mark with an "X" activities that you already do that count as meditation.

- ___ 1) Watching a Sunset
- ___ 3) Sitting Silently Without Distraction
- ___ 4) Journaling
- ___ 5) Going for a Walk in Nature
- ___ 6) Focusing on the Person Talking
- ___ 7) Listening to Your Own Breathe
- ___ 8) Yoga
- ___ 9) Listening to Ocean Waves
- ___ 10) Listing Things Your Grateful For
- ___ 11) Repeating a Mantra
- ___ 12) Staring at one Object With Intention
- ___ 13) Spending Time with Your Pet

Turns out you were already a meditator and you didn't know it! Meditating is just focusing on one point of reference in order to calm your brain down.

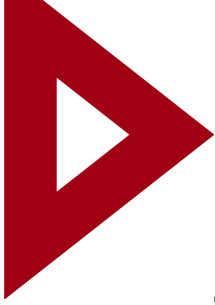


SOBER 30 SCORECARD: WEEK TWO

Mark "X" next to all completed items and add daily totals together at the end of the week

Week Two: Days 8-14	Day 8	D9	D10	D11	D12	D13	D14	Totals:
Watch Daily Video	10 points	10	10	10	10	10	10	=
Complete Daily Self Reflection	20 points	20	20	20	20	20	20	=
Read Daily Micro-Science	10 points	10	10	10	10	10	10	=
Complete Daily Meditation	20 points	20	20	20	20	20	20	=
Complete Daily Movement Task	20 points	20	20	20	20	20	20	=
Sleep Eight Hours Previous Night	10 points	10	10	10	10	10	10	=
Completely Sober: No Alcohol or Drugs	30 points	30	30	30	30	30	30	=
Wrote Down Five Things Grateful For Today	10 points	10	10	10	10	10	10	=
High Quality Interactions With 3 or More People Today:	10 points	10	10	10	10	10	10	=
Exercise Thirty Minutes or More:	30 points	30	30	30	30	30	30	=
No Junk Food, Never Felt Too Full, Plant or Fruit at Each Meal	20 points	20	20	20	20	20	20	=
Write in Self Goal:	20 points	20	20	20	20	20	20	=
Write in Self Goal:	20 points	20	20	20	20	20	20	=
Weekly Total	*	*	*	*	*	*	*	=

Self Goals (Your Choice): I.e. Eat Vegetarian, Read Book Daily, Yoga, No Social Media, Journal, etc, etc



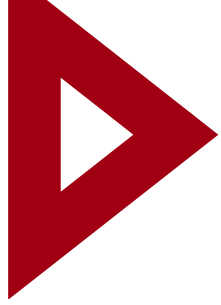
DAY 8 SELF REFLECTON

Today's reflection just ask that you write down ten different ways you like to exercise. Be creative, any type of movement counts. Think: Dancing, hiking with friends, sex, etc, etc, you get the point.

10 Favorite Ways to Move or Get Exercise

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____





DAY 9 SELF REFLECTION

We all have those thoughts that push us over the edge to do something. These are called "permission giving thoughts." Below write your "go to" permission giving thoughts in one area that you want to change. After that include the "grain of truth" that makes that thought so persuasive. Then finish with a "balancing thought" that gives another perspective if you took a second look



Area to Change Example: Amount I drink

Area You want to Change: _____

PERMISSION GIVING THOUGHTS

Example: I deserve a reward after a hard day

- 1) _____
- 2) _____
- 3) _____

GRAIN OF TRUTH

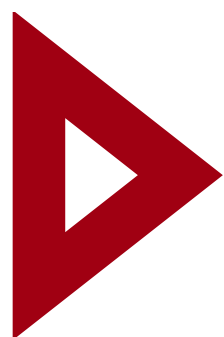
Example: It has been a long day at work and I'm Tired

- 1) _____
- 2) _____
- 3) _____

BALANCING THOUGHT

Example: There are other ways to reward myself besides Alcohol

- 1) _____
- 2) _____
- 3) _____





DAY 10 SELF REFLECTION

13

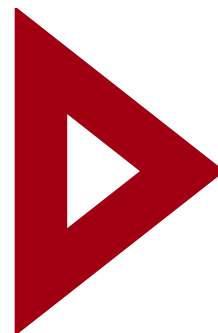
Mark with an "Y" or " N" if you follow these recommended methods for getting the best nights sleep possible.



Sleep Hygiene List:

Do You?

- ___ **1) Have a Routine Time of Going to Bed and Waking Up?**
 - Because repetition is the language of the brain
- ___ **2) Sleep in a fully Dark/Coldish Room?**
 - To increase natural melatonin release
- ___ **3) Only Do Things in Your Bed That Start With "S"?**
 - Brain shouldn't associate your bed with thinking
- ___ **4) Get 30 Minutes of Daily Exercise 5 Times per Week?**
 - Best thing you can do to sleep well
- ___ **5) Refrain from Eating Two hours Before Bed Time?**
 - Body will be busy digesting so won't get good sleep
- ___ **6) Avoid Stimulants like Alcohol and Caffeine?**
 - Sugars will keep you alert and could have delayed onset
- ___ **7) Don't Look at Any Screen an Hour before you Try to Sleep?**
 - Blue spectrum light makes your body believe its day time
- ___ **8) Minimize Tossing and Turning?**
 - Movement signals the brain that's its not safe to sleep
- ___ **9) Keep Phone Away from Bed: Preferably Across Room?**
 - Phones are a source of stress for your brain





DAY 11 SELF REFLECTION

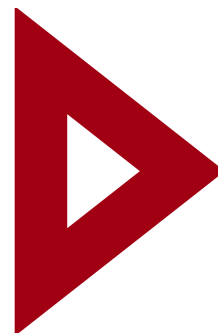
Below is a "fill in the blanks" exercise that will hopefully give you a better introduction to the multiple "selves" that take up space in your brain.



For discussion sake lets say there are three different characters in your brain. One that makes decisions based on emotion, lets name him/her _____. This part of your brain is sensitive and remembers anytime you have been hurt, even that time back in middle school when _____. Locked up in a filing cabinet in the back of your your brain, this memory will then influence all future interactions.

In order to counteract this powerful force, a logical advisor must come online and calm things down, lets name her/him _____. This part of yourself is a great resource, but is also capable of overthinking decisions if left alone. Like that time at the store, when she/he couldn't make up her/his mind of which _____ to buy because they all had their own pro's and con's.

This is why the brain needs both the emotional mind and rational mind to make decisions, creating a healthy balance of the two opposing worldviews. The combination of these two is called the wise mind, lets name this part of our brain: _____. The rational mind gives us direction and the emotional mind motivates us to take action, when these two are in balance the wise mind is in control. Similar to when a horse and a rider work in concert so that each one of them goes farther and with more direction than they would alone.



DAY 12 SELF REFLECTION

Synthetic Pleasure

From the list below mark with an "Y" or "N" to find out if you have a healthy relationship with the way in which you gain dopamine in today's world



Do you Indulge in?

- 1) Junk Foods___ 2) Social Media___ 3) Gambling___
 4) Smart Phones___ 5) The Internet___ 6) Alcohol___
 7) Video Games___ 8) Netflix/Hulu___ 9) Drugs___

IF SO... Do you experience any of the following criteria indicating "problem use" with your favorites sources of synthetic pleasure?

___ 1) Use Despite Negative Consequences?

-For instance, a food or liquid makes you feel like total crap after ingesting and you still go back for more once the guilt wears off

___ 2) Increased Tolerance?

-For instance, you use to love social media but now you just mindlessly scroll through it waiting for the initial high that never arrives.

___ 3) Loss of Control?

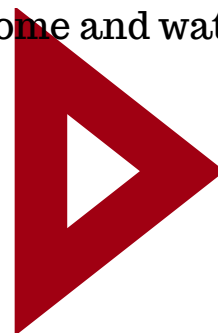
-For instance, you intended to only watch one episode of "Breaking Bad" and then found yourself finishing the season in 1 night

___ 4) Craving?

-For instance, when you forget your phone at home and its becomes all you can focus on

___ 5) Prioritizing use over activities that use to be rewarding?

-For instance, you use to love snowmobiling on Sundays, but now your hangovers are so bad you just stay home and watch T.V.





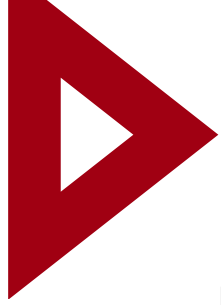
DAY 13 SELF REFLECTON

On the list below write down your top ten favorites spots in nature. Try to be specific, it could be your favorite local spot to take a nap or an international destination that inspired feelings of awe!!

Favorites Spots in Nature

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____





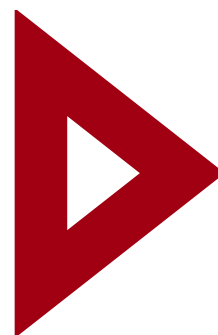
DAY 14 SELF REFLECTION

Practice makes permanent, not perfect. If you do an action three times in a row new synapses in your brain start to connect and form lasting bonds. To exemplify this point print your name below five times with your non-dominant hand. Afterwards your brain will have just made the starting moves towards becoming left handed (or right) regardless if the writing gets messier or cleaner.



Repetition is The Language of The Brain

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

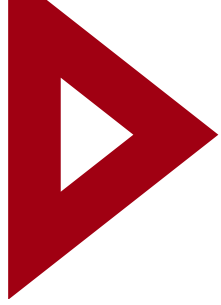


SOBER 30 SCORECARD: WEEK THREE

Mark "X" next to all completed items and add daily totals together at the end of the week

Week Three: Days 15-21	Day 15	D16	D17	D18	D19	D20	D21	Totals:
Watch Daily Video	10 points	10	10	10	10	10	10	=
Complete Daily Self Reflection	20 points	20	20	20	20	20	20	=
Read Daily Micro-Science	10 points	10	10	10	10	10	10	=
Complete Daily Meditation	20 points	20	20	20	20	20	20	=
Complete Daily Movement Task	20 points	20	20	20	20	20	20	=
Sleep Eight Hours Previous Night	10 points	10	10	10	10	10	10	=
Completely Sober: No Alcohol or Drugs	30 points	30	30	30	30	30	30	=
Wrote Down Five Things Grateful For Today	10 points	10	10	10	10	10	10	=
High Quality Interactions With 3 or More People Today:	10 points	10	10	10	10	10	10	=
Exercise Thirty Minutes or More:	30 points	30	30	30	30	30	30	=
No Junk Food, Never Felt Too Full, Plant or Fruit at Each Meal	20 points	20	20	20	20	20	20	=
Write in Self Goal:	20 points	20	20	20	20	20	20	=
Write in Self Goal:	20 points	20	20	20	20	20	20	=
Weekly Total	*	*	*	*	*	*	*	=

Self Goals (Your Choice): I.e. Eat Vegetarian, Read Book Daily, Yoga, No Social Media, Journal, etc, etc



DAY 15 SELF REFLECTION

Imagine you're an alien visitor to this strange place called earth and you have orders to describe the room around you. As an alien you have no reference point of what things are called or named, all you can report back to the mothership is shapes you see, colors you observe, and textures for the home planet to interpret. In the list below pick five objects in the room your currently in and describe them in the space provided.



Sudden Alien Syndrome

Object descriptions

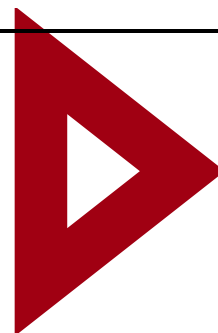
- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____





DAY 16 SELF REFLECTION

The brain is a very self protective organ and has a multitude of ways it is capable of self deception. From the list below mark any of the ways (probably more than one) you have used in the past to avoid negative consequences, uncomfortable feelings or personal responsibility for your actions

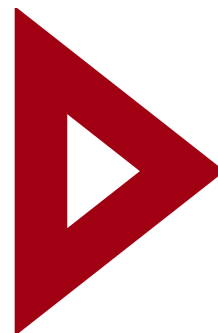


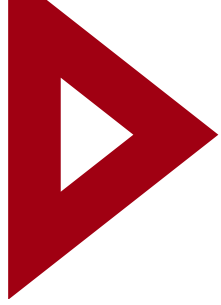
Heroes of Our Own Stories



Possible Thinking Errors

- 1) I'm Special: The rules apply to others but not me
- 2) Minimizing: Making my actions appear smaller or insignificant
- 3) Catastrophizing: Making molehills into mountains
- 4) Victim Playing: Getting others to feel sorry for me
- 5) Derailing: Changing the subject to avoid talking about my behavior
- 6) Stone Walling: Refusing to talk or explain in order to frustrate
- 7) Vagueness: Giving unclear responses to avoid reality or what I did
- 8) Denial: Refusing to acknowledge the problem
- 9) Anger: Use to control, threaten, or intimidate to get my way
- 10) Helpless: Claiming to be unable to do something I can control
- 11) Slamming: Putting others down to build myself up
- 12) Justifying: Giving reasons why my actions are "OK"
- 13) Apathy: Having an I don't care attitude to escape responsibility
- 14) Confusion: Acting puzzled or claiming to not understand
- 15) Splitting: Creating conflict between others so I can get my way





DAY 17 SELF REFLECTON

Life doesn't always go as planned, but often the world is so complex that a negative event can have unexpected positive consequences or a positive event can have unexpected negative consequences. Below list two "negative" events that happened to you in your life that resulted in positive consequences. But also write down two "positive" events and that happened to you and the resulting negative consequences.

Law of Unexpected Consequences

Negative Event #1) _____
Positive Consequence #1

Negative Event #2) _____
Positive Consequence #2)

Positive Event #1) _____
Negative Consequence #1)

Positive Event #2) _____
Negative Consequence #2

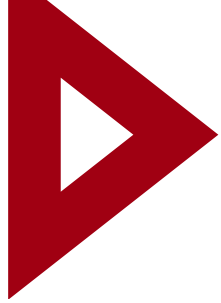


DAY 18 SELF REFLECTION

1st) Go through the values list and circle or "X" all the words that call out to you as fairly important to your personal value system

2nd) Prune the list down to your top five and mark the values that really define your core values

- | | |
|--|--|
| <input type="checkbox"/> 1) Achievement | <input type="checkbox"/> 27) Growth |
| <input type="checkbox"/> 2) Adventure | <input type="checkbox"/> 28) Hard Work |
| <input type="checkbox"/> 3) Altruism | <input type="checkbox"/> 29) Honesty |
| <input type="checkbox"/> 4) Ambition | <input type="checkbox"/> 30) Independence |
| <input type="checkbox"/> 5) Balance | <input type="checkbox"/> 31) Intelligence |
| <input type="checkbox"/> 6) Belonging | <input type="checkbox"/> 32) Intuition |
| <input type="checkbox"/> 7) Calmness | <input type="checkbox"/> 33) Leadership |
| <input type="checkbox"/> 8) Cheerfulness | <input type="checkbox"/> 34) Love |
| <input type="checkbox"/> 9) Commitment | <input type="checkbox"/> 35) Originality |
| <input type="checkbox"/> 10) Community | <input type="checkbox"/> 36) Reliability |
| <input type="checkbox"/> 11) Competitiveness | <input type="checkbox"/> 37) Self-Control |
| <input type="checkbox"/> 12) Contribution | <input type="checkbox"/> 38) Simplicity |
| <input type="checkbox"/> 13) Courtesy | <input type="checkbox"/> 39) Spontaneity |
| <input type="checkbox"/> 14) Creativity | <input type="checkbox"/> 40) Structure |
| <input type="checkbox"/> 15) Curiosity | <input type="checkbox"/> 41) Success |
| <input type="checkbox"/> 16) Determination | <input type="checkbox"/> 42) Support |
| <input type="checkbox"/> 17) Discipline | <input type="checkbox"/> 43) Teamwork |
| <input type="checkbox"/> 18) Diversity | <input type="checkbox"/> 44) Stability |
| <input type="checkbox"/> 19) Effectiveness | <input type="checkbox"/> 45) Tolerance |
| <input type="checkbox"/> 20) Equality | <input type="checkbox"/> 46) Truth Seeking |
| <input type="checkbox"/> 21) Exploration | <input type="checkbox"/> 47) Trustworthiness |
| <input type="checkbox"/> 22) Fairness | <input type="checkbox"/> 48) Truth Seeking |
| <input type="checkbox"/> 23) Faith | <input type="checkbox"/> 49) Understanding |
| <input type="checkbox"/> 24) Fitness | <input type="checkbox"/> 50) Usefulness |
| <input type="checkbox"/> 25) Freedom | <input type="checkbox"/> 51) Vision |
| <input type="checkbox"/> 26) Fun | <input type="checkbox"/> 52) Vitality |



DAY 19 SELF REFLECTION

Life just feels better when the garbage is cleared out. Below make two "shit piles." One of shit other people have done to you and another of shit you have done to other people. The goal is to identify past life experiences that still are open wounds. Once you have made the two lists reflect back and see if you have made any amends or allowed forgiveness for these past experiences.



Clean the Slate

List five events from your past where you feel other people have wronged you?

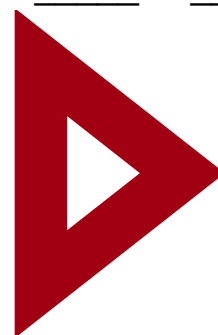
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

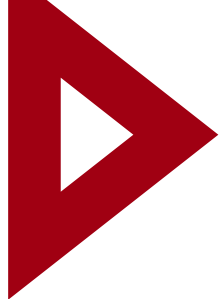
Have you forgiven? #1 _____ #2 _____ #3 _____ #4 _____ #5 _____

List five events from your past where you feel you have wronged other people?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Have you made amends to? #1 _____ #2 _____ #3 _____ #4 _____ #5 _____





DAY 20 SELF REFLECTION

We all bounce from feeling like a victim to making the necessary changes to survive, but where on this spectrum do you fall. On a 1-10 scale, mark with an "X" on each line where you spend "most of your time." Both categories experience the same event, but the mindset determines the outcome

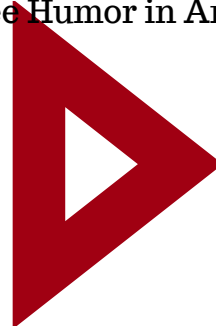


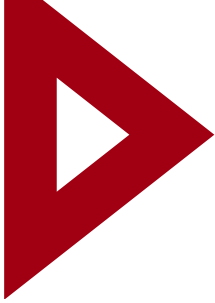
Victim

VS

Survivor

"Why me" attitude	1 _____ 10	"What needs to be done" Mindset
Focus on Problems	1 _____ 10	Focus on Solutions
Give Up Easily	1 _____ 10	Keep Moving
Blame Others	1 _____ 10	Takes Responsibility
Feel Out of Control	1 _____ 10	Control What They Can
Fear Driven	1 _____ 10	Seek Support From Others
Hopeless	1 _____ 10	Hope
Entitled	1 _____ 10	Grateful
Self as Powerless	1 _____ 10	View Self as Powerful
Live in Fantasy World	1 _____ 10	Grounded in Reality
Very Pain Sensitive	1 _____ 10	Tolerates Discomfort
Unrealistic Expectations	1 _____ 10	Reasonable Outlook
Takes life Very Seriously	1 _____ 10	See Humor in Any Situation





DAY 21 SELF REFLECTON

Each of us reacts differently to different stimuli. Some things piss people off, the same things don't ruffle a feather on others. What are your tender spots. In the four categories below write down all the things that get you worked up. Awareness is the first step to change

What gets you worked up?

At Work:

In Your Family:

Romantic Partnerships:

In Your Community/Country:

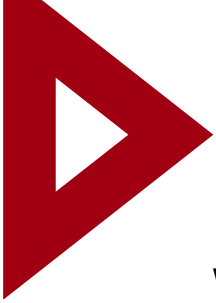


SOBER 30 SCORECARD: WEEK FOUR

Mark "X" next to all completed items and add daily totals together at the end of the week

Week Four: Days 22-30	D22	D23	D24	D25	D26	D27	D28	D29	D30	Totals:
Watch Daily Video	10	10	10	10	10	10	10	10	10	=
Complete Daily Self Reflection	20	20	20	20	20	20	20	20	20	=
Read Daily Micro-Science	10	10	10	10	10	10	10	10	10	=
Complete Daily Meditation	20	20	20	20	20	20	20	20	20	=
Complete Daily Movement Task	20	20	20	20	20	20	20	20	20	=
Sleep Eight Hours Previous Night	10	10	10	10	10	10	10	10	10	=
Completely Sober: No Alcohol or Drugs	30	30	30	30	30	30	30	30	30	=
Wrote Down Five Things Grateful For	10	10	10	10	10	10	10	10	10	=
Quality Time With 3 or More People	10	10	10	10	10	10	10	10	10	=
Exercise Thirty Minutes or More:	30	30	30	30	30	30	30	30	30	=
No Junk Food, Never Felt Too Full, Plant or Fruit at Each Meal	20	20	20	20	20	20	20	20	20	=
Write in Self Goal:	20	20	20	20	20	20	20	20	20	=
Write in Self Goal:	20	20	20	20	20	20	20	20	20	=
Weekly Total	*	*	*	*	*	*	*	*	*	=

Self Goals (Your Choice): I.e. Eat Vegetarian, Read Book Daily, Yoga, No Social Media, Journal, etc, etc



DAY 22 SELF REFLECTON

We all need relationships to lean on, who are those sources of support in your life? Below list the five people or organizations that best support you. Then indicate with with a "Y" or "N" if you have been using this support on a regular basis.

Five Main Sources of Support

#1 Support Source _____
Do you use this support on a regular basis? _____

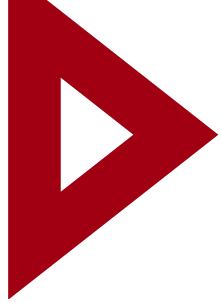
#2 Support Source _____
Do you use this support on a regular basis? _____

#3 Support Source _____
Do you use this support on a regular basis? _____

#4 Support Source _____
Do you use this support on a regular basis? _____

#5 Support Source _____
Do you use this support on a regular basis? _____





DAY 23 SELF REFLECTON

Each of us at one point or another has tried to give up an habit and our ability to do so has been varied. For the exercise below, think about a bad habit you are trying to give up and mark with "Y" or "N" if you have felt that stage of loss with the bad habit you want to let go of

Stages of Loss

Bad Habit You Want to Let Go of: _____

Stage 1-Denial:

_____ Example: "Others seem to think I should change, but I don't see any issue"

Stage 2-Sadness:

_____ Example; You feel left out while other people are still doing your old habit

Stage 3-Anger:

_____ Example: The sight of other people doing your habit makes you irritable and antsy.

Stage 4-Bargaining:

_____ Example; "I will give up this part of my habit but not this other part over here"

Stage 5-Acceptance:

_____ Example: "We'll I'm glad that's over, time to move on to figuring out the rest of my life."





DAY 24 SELF REFLECTON

Research has shown that we become an "average" of the five people we spend the most time with (not the five people we like the most). So below Identify the five people that are literally in your life the most. After you write their name, indicate what they bring into your life and ponder whether those characteristics are a positive or negative influence in your life.

Five People You Spend The Most Time With

Person #1 _____ What do they bring into your life?

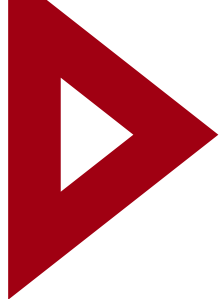
Person #2 _____ What do they bring into your life?

Person #3 _____ What do they bring into your life?

Person #4 _____ What do they bring into your life?

Person #5 _____ What do they bring into your life?





DAY 25 SELF REFLECTION

Life is a puzzle, and when people start a puzzle the easiest thing to do is start with the frame. Our life philosophies then act as the frame to figuring our lives minor puzzle pieces. The questions below will help you distinguish where you stand on the macro issues, so the micro issues of life become a little easier to handle.



The Deeper Questions in Life



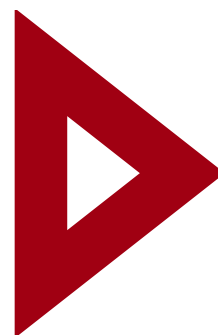
What life advice would you give a child? How do you or don't you follow this advice currently?

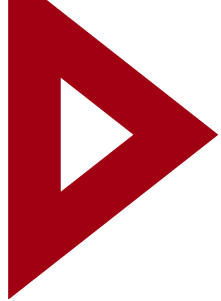
What are the three criteria for you to have a successful day?

What would you like people to say at your funeral?

Name the two people you respect most in this world? What attributes do they have?

Why do you get out of bed in the morning? What is the point of your life?





DAY 26 SELF REFLECTON

Most of us these days spend a fair bit of time on social media and I think we can all admit some of our "friends" online affect our mental health. In order to "thin the herd" and make sure our mental space is tip top, follow the prompts below and mark each box with an "x" once the task is completed

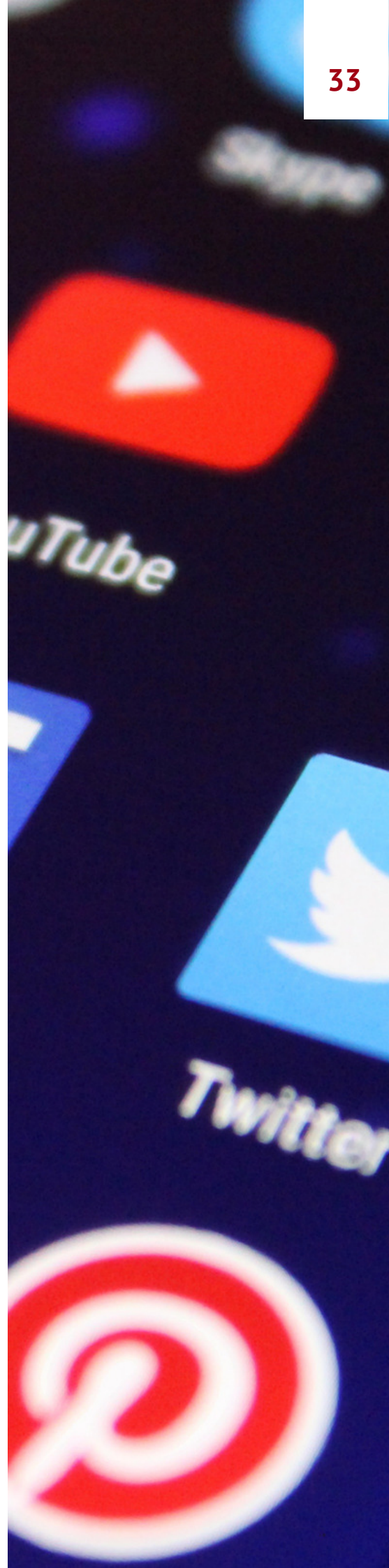
Thinning the Herd

___ Go onto Instagram and "unfollow" five accounts that don't bring any joy into your life

___ Log into Facebook and "unfollow", not "unfriend" five people that can sour your day

___ On your phone, delete three numbers of people that only have their own best interests in mind

___ On your phone, move three people to your favorites list that you would like to call more often





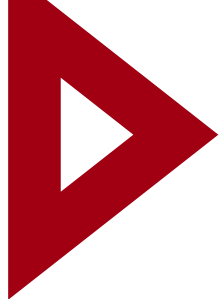
DAY 27 SELF REFLECTON

Spiritual Practice can mean a number of things. From the list below, circle or make with an "X" all of the spiritual practices that you would be willing to do on a semi-regular basis

Daily Spiritual Practices

- Write in a Journal
 - Daily Gratitude List
 - Practice Measured Breathing
 - Meditate
 - Unplug
 - Engage in Self Study
 - Exercise
 - Set Intentions
 - Slow Down
 - Time in Nature
 - Observe World Around You
 - Eat Slowly
 - Practice Active Listening
 - Do What Your Doing
 - Sit in Silence
 - Turn Your Phone off
 - Laugh at Yourself
 - Dance More Often
 - Forgive Yourself for not doing these things more often
- 





DAY 28 SELF REFLECTION

Its not so much what happens to us, but our underlying beliefs about what happens to us that cause us so much misery. In the space below, write down three events over the past month that effected you. Then determine what your beliefs were that got you all worked up.



Beliefs are what F*ck us us, Not Events

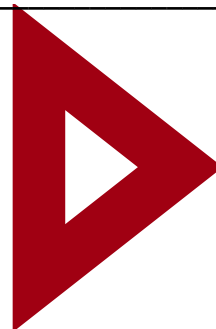


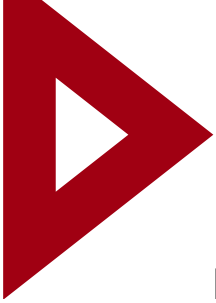
EXAMPLE: Activating Event: Someone cut me off in traffic
Belief (underlying): They did that to me, how dare they
Consequential Emotion: ANGER, BITTER, RESENTFUL
Disputing Belief: Maybe they had to get to the hospital.

Activating Event #1: _____
Belief (underlying): _____
Consequential Emotion: _____
Disputing Belief: _____

Activating Event #2: _____
Belief (underlying): _____
Consequential Emotion: _____
Disputing Belief: _____

Activating Event #3: _____
Belief (underlying): _____
Consequential Emotion: _____
Disputing Belief: _____





DAY 29 SELF REFLECTON

Life is something that can pass you by if your not paying attention. Below list 15 things you would like to accomplish before you kick the bucket. It could be places you want to see, goals you want to complete, or activities you have never done!

15 Things You Would Like To Do Before You Die?

- #1) _____
- #2) _____
- #3) _____
- #4) _____
- #5) _____
- #6) _____
- #7) _____
- #8) _____
- #9) _____
- #10) _____
- #11) _____
- #12) _____
- #13) _____
- #14) _____
- #15) _____



