



BIN THE BOOZE

journal



Hello!

Welcome to your Bin the Booze challenge. We are excited that you have made the decision to take some time off alcohol and explore the changes you might experience in mind and body without alcohol. We have put together a few resources which will help you on your journey. Feel free to dip in and out of the journal and use the bits that are most useful to you.

We are excited to be working with and always like to hear how things are going, so, feel free to reach out if you have any questions, comments or suggestions.

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GETTING *ready*



START DATE :

TIME FRAME:

WHY DO I WANT THIS TIME
OFF?



HOW ALCOHOL IMPACTS
MY LIFE

- _____
- _____
- _____
- _____
- _____
- _____

MY ACCOUNTABILITY
PARTNERS



WHAT DO I WANT TO ACHIEVE
WHILST I'M ALCOHOL FREE?

- _____
- _____
- _____
- _____
- _____