Getting BAC 2 zero

Journaling exercise

Day 6: A New Day

What would make a perfect day for you? Here are some thoughts to get you going:

- Morning routine/goals: e.g. gratitude journal; breathing exercises
- Hygiene: have you showered today or treated yourself to a bubble bath?
- Sobriety Support Tasks (meetings or support groups): attending Zoom calls or providing support to someone else struggling in an on-line group
- Exercise/Meditation/Yoga
- Meals: Eating 3 nutritious meals today; meal prepping for later in the week?
- Work Performance: peak job effort and productivy; arriving at work each day you are expected?
- Journaling: putting pen to paper each day, even just dot points?