

Welcome to the Wine-Free Wind-Down Kit

Congratulations on taking the first step toward unwinding without alcohol. If you've ever told yourself that a glass of wine will help you relax, only to realize it's actually making your stress worse—this bundle is for you.

We understand how challenging it can be to break the cycle of using alcohol to cope with stress, but you're about to experience a transformative, alcohol-free path to relaxation and calm.

What You'll Achieve with This Bundle

By following the resources inside, you'll:

- Replace alcohol with calming, science-backed rituals that actually reduce stress.
- Feel more present, grounded, and in control of your emotions.
- Discover healthier ways to unwind and embrace a sustainable, wine-free lifestyle.

Here's What's Inside The Wine-Free Wind-Down Kit

1. **The 5-Minute Wine-Free Wind-Down Blueprint**

A step-by-step relief ritual designed to trigger the same dopamine release as wine—but naturally. This quick, repeatable ritual is perfect for unwinding after a stressful day and can be easily integrated into your routine.

2. **Stress to Serenity Guided Audio**

A calming, ~15-minute MP3 designed to melt away tension and stress without the need for alcohol.

3. **Stress to Serenity Companion Guide**

A guided companion PDF to the "Stress to Serenity" audio, helping you make the most out of the experience.

4. **Calm Your Inner Voice Scripts**

Quick, calming phrases to help you rewire your inner dialogue in the moment whenever a craving hits.

5. **Why Wine Makes Stress Worse Mini-Training**

A short, insightful breakdown of how alcohol increases stress and anxiety over time—so you can stop using it to cope.

6. **7-Day Stress-Free Reset Habit Tracker**

A simple, daily tracker to help you implement and stay consistent with stress-free rituals for the next week.

Ready to Go Deeper?

If you're ready to fully transform your relationship with alcohol and create lasting change, you need to join my **6-Month One-on-One Coaching Program**. Together, we'll dive deep into your personalized strategies for breaking free from alcohol and embracing a life of ease and balance. The coaching is customized for you, your life, and how you want your relationship with alcohol to be.

Learn more about this transformative program by booking [a free discovery call here](#).

You've already made an amazing start—now let's take this journey to the next level!