



STOP OVERDRINKING FOR LIFE

KICKSTART

Learn the simple, doable way to live a full life without worrying what's in your glass.

WITH ANNA CHARLES

W E L C O M E

Hi There!

You don't need to stop living to stop overdrinking.

I don't know about you, but it's hard to stay motivated if everything you do you DREAD. So I'll say it out loud: if you need resistance and willpower to change your relationship with alcohol, you're doing it wrong. You won't keep it up and you'll be miserable in the process.

I want you to stop overdrinking permanently. To put this struggle behind you, whether your goal is to moderate or quit drinking entirely. I teach a simple, doable way to live a full life without worrying what's in your glass. And to have fun in the process. Yes, fun!

If you're worried about your drinking, you're in the right place. [Click here for a brief introduction.](#)

Use this Kickstart Guide to get started - today.

Anna Charles

ABOUT ME

I'm an ex-corporate girl who loves taking cross-country road trips, minted tea and, after years of struggling to drink less, freedom around alcohol.

Life with less or no alcohol is a lot more fun than you think. I will show you how!



FOUR STEPS TO GET STARTED

No more willpowering your way through day after miserable day, hiding away from temptation and battling cravings, only to lose steam and crumble at the offer of a drink at the end of a stressful day.

No more perfectionism, counting days, resistance, despair, deprivation or self-loathing.

Just a simple approach that worked for me. And that will work for you too.

THE PROBLEM

Expecting your overdrinking goal to 'make you happy' when you finally achieve it delays pride, satisfaction and fulfilment along the way.

Willpowering yourself to your goal adds to the misery because it encourages thoughts of dread, worry, deprivation and fear.

This thinking leads to burnout and frustration, or giving up on yourself and blowing up your goal when your willpower runs out.

THE SOLUTION

Know who you want to be, how you want to act and what you want to think ahead of time so you can practice this new thinking filled with intention, courage and commitment.

Have certainty that you'll be a different person when you achieve your desired relationship with alcohol. Let's make sure you enjoy the current version of you too.

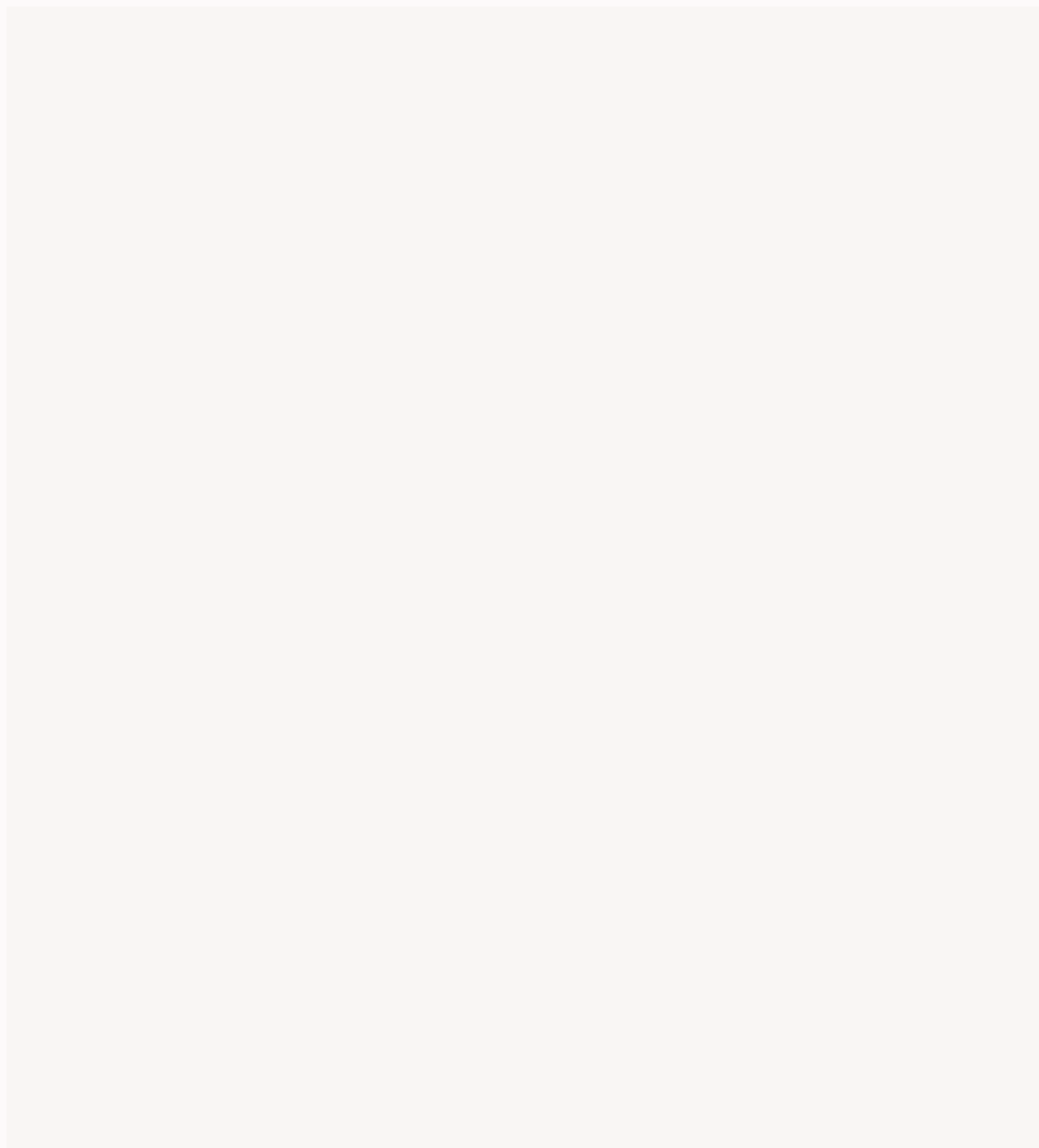
GET CURIOUS

First you're going to get really, really curious about your drinking.

Write a list of your drinking patterns, triggers, how you're feeling when you drink and anything else you want to remember. Be as detailed and specific as possible. For example: 'when I get home at 5pm', 'when I'm stressed' or 'when I can't sleep'.

List as many as possible. Continue on a separate sheet if necessary.

My drinking patterns

A large, empty rectangular area with a light beige background, intended for writing drinking patterns. It occupies the central portion of the page below the heading.

THE 1 DEGREE CHANGE

Faced with your list of patterns and triggers you may feel a bit overwhelmed about the enormity of the challenge and want to be done with the drinking struggle NOW. I get it. But you will make more progress by setting and achieving small goals. So you're going to tackle one pattern at a time. Start by picking one from your list.

What pattern am I going to change?

For example: drinking the moment I get home after work.

What is the 1 degree change I am willing to make?

For example: I will wait until I sit down to dinner.

Why?

For example: I find it hard to stop so the later I start the less I'll drink.

WHAT OBSTACLES WILL I FACE?

Forewarned is forearmed. Brainstorm all the obstacles you think you might face when tackling your 1 degree change. Then identify a strategy to overcome each obstacle.

Obstacle 1:

For example: My husband will have pre-poured my 'get home from work' drink.

Strategy to overcome obstacle 1:

For example: I can put the glass in the fridge for later.

Obstacle 2:

Strategy to overcome obstacle 2:

Obstacle 3:

Strategy to overcome obstacle 3:

EVALUATE & LEARN

Expect to slip up as you change your relationship with alcohol. Expect to drink when you don't plan to, to give into cravings and obstacles, to forget your strategies. But that's OK as long as you learn. Each time you take action on a 1 degree change, evaluate what happened, learn and give it another go.

What worked?

What didn't work?

What will I do differently?



WANNA LEARN MORE?



If you want to change your relationship with alcohol FAST, let's talk. On the call I'll build the exact plan for you to reach your drinking goal. It will be simple, doable and more fun than you think.

[SCHEDULE A FREE CALL](#)