

THE 30-DAY CLARITY SPRINT

Your Journey Home to Yourself

DRY JANUARY WITH THE BABES

Ellen Frazier | Booze Free Babes™

DAY 1: COMING HOME AGAIN

Today's Practice: Grounding into your intention

MORNING NERVOUS SYSTEM CHECK-IN

How I slept (1-10): _____
My body feels: ☐ Calm ☐ Activated ☐ Numb ☐ Present
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused
If outside my window, I will regulate using: _____



GROUNDING PRACTICE (5 MINUTES)

Sit comfortably. Feet on floor. Hand on heart. Say out loud or silently:

"I am here. I am present. I am safe in this moment. I choose to stay with myself today."

Three rounds of 4-7-8 breathing:

☐ Inhale for 4 · Hold for 7 · Exhale for 8

Today's Intention:

_____



BODY AWARENESS PRACTICE

Quick body scan: Where am I holding tension right now?

☐ Jaw ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hips ☐ Other: _____

What emotion lives there? _____

Can I breathe into it for 3 breaths? ☐ Yes ☐ It was too intense

EVENING REFLECTION

Today's biggest challenge: _____
How I stayed present: _____
One thing my body taught me: _____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No If yes – When / Trigger / How I regulated: _____

DAY 2: RECOGNIZING YOUR PATTERNS

Today's Practice: Compassionate inquiry

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



MEDITATION: RAIN PRACTICE (10 MINUTES)

Sit quietly. Notice what's present.

R – Recognize: What am I feeling right now?
A – Allow: Can I let it be here without pushing it away?
I – Investigate: Where do I feel it in my body? What does it need?
N – Nurture: Can I offer it compassion?

What came up:

_____



JOURNAL INQUIRY: THE DRINKING PATTERN

When did I typically reach for alcohol?

☐ End of workday ☐ Social anxiety ☐ After conflict ☐ Celebration
☐ Boredom ☐ Stress ☐ Other: _____

What was I seeking? ☐ Safety ☐ Connection ☐ Relief ☐ Joy ☐ Escape

Can I give myself that without alcohol? _____
_____

Evening Somatic Release & Reflection

Choose one: ☐ 5 minutes of shaking ☐ Gentle yoga ☐ Dance to one song
What released: _____
Today I learned: _____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 3: BUILDING YOUR SOMATIC TOOLKIT

Today's Practice: Body as teacher

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



BREATHWORK: ALTERNATE NOSTRIL BREATHING (5 MIN)

This balances your nervous system.

1. Close right nostril, inhale through left (4 counts)
2. Close left nostril, exhale through right (4 counts)
3. Inhale through right, 4. exhale through left (4 counts each)
5. Repeat 5–10 rounds

How I feel after:

_____



SOMATIC PRACTICE: TRACKING SENSATIONS

Throughout today, pause 3 times and ask:

"What sensation is present in my body right now?"

Pause 1 (morning): _____
Pause 2 (afternoon): _____
Pause 3 (evening): _____

What I'm noticing about my body's language: _____

Evening Practice: Vagus Nerve Activation

Choose two: ☐ Hum a song (2 min) ☐ Gargle water ☐ Gentle neck stretches
☐ Cold water on face (30 seconds) ☐ Sing out loud
How my body responded: _____
Today's insight: _____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 4: NAVIGATING SOCIAL SPACES

Today's Practice: Presence in connection

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



SOCIAL SITUATION PREP (IF YOU HAVE PLANS)

Before I go:

☐ Ground myself (hand on heart, three breaths)
☐ Set intention: "I'm here to connect, not to numb"
☐ Eat something nourishing (don't arrive hungry/vulnerable)
☐ Know my drink order ("Sparkling water, please")
☐ Have my exit plan (drive myself, set end time)

My mantra if offered a drink: "I'm not drinking." (No explanation needed.)

During, notice: When do I want to leave my body? What brings me back to presence? How does connection feel without alcohol?



AFTER: WHAT I NOTICED

What I noticed about myself: _____
What was easier than expected: _____
What was challenging: _____
How I regulated when uncomfortable: _____

Evening: Loving-Kindness Meditation & Reflection

Sit quietly. Hand on heart. Repeat: "May I be safe. May I be peaceful.
May I be kind to myself. May I accept myself exactly as I am."
How it feels to offer myself this: _____
Today's win: _____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 5: FEELING WHAT WANTS TO BE FELT

Today's Practice: Staying with discomfort

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



JOURNAL INQUIRY: THE FEELINGS I'VE BEEN AVOIDING

What emotion(s) have I been drinking to avoid?

☐ Anger ☐ Sadness ☐ Fear ☐ Shame ☐ Grief ☐ Loneliness ☐ Anxiety

Where does this emotion live in my body? _____
What would it say if it had a voice? _____
What does it need from me? _____
_____



PRACTICE: BEING WITH THE FEELING (10 MINUTES)

Sit with the emotion you identified. Don't fix it. Don't change it. Don't push it away. Just... be with it. Breathe into where it lives in your body. Stay for 5–10 minutes.

What happened: _____

Did it destroy me? ☐ No ☐ Intense, but I survived ☐ I took breaks

What I learned: _____

Evening Somatic Release & Reflection

If the feeling is still present, move it: ☐ Shake for 5 minutes ☐ Cry if tears come
☐ Scream into a pillow if you need to ☐ Dance it out ☐ Gentle movement/stretching
After moving, I feel: _____
Today I proved: _____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 6: FRIDAY EVENING RITUAL

Today's Practice: Sacred transition without numbing

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



FRIDAY PREPARATION

This is your second (or third) sober Friday. My Friday evening plan:

5:00–6:00 PM (Transition Hour): _____
6:00–8:00 PM (Nourish & Connect): _____
8:00–10:00 PM (Rest & Integration): _____

What I'm protecting by staying present tonight:

_____



EVENING PRACTICE: FULL BODY SCAN & RELEASE

Lie down and scan head to toe. For each tense area: 3 breaths, tense for 5 seconds, then release completely and notice the difference.

What released: _____

Gratitude for your body. Place both hands on your heart. Say:

"Thank you, body, for carrying me through this week. Thank you for showing me where I've been holding pain. Thank you for teaching me I can feel without breaking. I'm listening."

Evening Reflection

This Friday feels: _____
Tomorrow morning I want to wake up feeling: _____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 7: SATURDAY INTEGRATION

Today's Practice: Spaciousness and reflection

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



SATURDAY MORNING PRACTICE

No agenda. Just presence.

How I'm spending my clear morning: _____

Movement (20–30 minutes). Choose what your body is calling for:
☐ Gentle yoga flow ☐ Walk in nature (phone away) ☐ Dance
☐ Stretching and breathwork ☐ Somatic shaking/release

What my body needed:

_____



AFTERNOON: CREATIVE EXPRESSION OR REST

Choose one: ☐ Journal freely ☐ Create something ☐ Rest without guilt
☐ Connect with someone who fills you up

How I spent this time: _____
_____

Evening Reflection · One Week Down

What I'm most proud of: _____
What surprised me this week: _____
Tomorrow is my first weekly review. I'm feeling: _____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 8: ACKNOWLEDGING THE RESISTANCE

Today's Focus: Naming what's true

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



COMPASSIONATE DIALOGUE WITH THE RESISTANT PART

"Week 2 is supposed to feel hard. This is not failure. This is the work."

Honest check-in. Thoughts that showed up:

_____
_____
_____
_____

What I need to hear right now:

_____



RECOMMITMENT

Why I'm continuing:

_____
_____
_____

Evening Reflection

Today I stayed even though: _____
What helped: _____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 9: TENDERNESS OVER FORCE

Today's Focus: Softening into the struggle

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ **My body feels:** ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



METTA MEDITATION FOR YOUR STRUGGLE

"May I be safe. May I be peaceful. May I be kind to myself. May I accept myself exactly as I am."

Where am I being hard on myself? _____
_____

What would tenderness look like today? _____
_____
_____
_____
_____



ONE TENDER ACT TOWARD MYSELF

What I chose: _____

How it felt: _____
_____
_____

Evening Reflection

Today I learned: _____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 10: THE URGE TO RUN

Today's Focus: Staying when you want to leave

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



PRACTICE: URGE SURFING

Right now, my body wants to: ☐ Run ☐ Fight ☐ Freeze ☐ Stay

When the urge comes:
1. Notice: "There's an urge"
2. Locate: Where in my body?
3. Describe: What does it feel like?
4. Surf: Don't fight, don't give in, just ride it



WHAT I LEARNED ABOUT URGES

_____
_____
_____
_____
_____
_____
_____

Evening Reflection

Today I proved: _____
_____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 11: COMMUNITY AS MEDICINE

Today's Focus: Connection over isolation

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



COMMUNITY ENGAGEMENT TODAY

- ☐ Posted in the Booze Free Babes group
- ☐ Reached out to my accountability partner
- ☐ Read and commented on others' posts
- ☐ Shared one vulnerable thing



WHAT I'M LEARNING

What I'm learning about asking for support:

_____
_____

How community is helping:

_____
_____
_____
_____
_____

Evening Reflection

Connection moment today: _____
_____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 12: MID-MONTH CHECK-IN

Today's Focus: Honest recalibration

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



HONEST CHECK-IN

Commitment level right now (1-10): _____

If below 7, what's shaking it? _____
What do I need to recommit? _____
What's working well: _____
What needs to shift: _____
_____
_____
_____



RECALIBRATION CHOICE

☐ I'm all in for 30 days
☐ I'm committed but need more support
☐ I need to reconnect to my why
☐ I need to adjust my approach: _____
_____
_____

Evening Reflection

After this honest check-in, I feel: _____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 13: FRIDAY RITUAL (WEEK 2)

Today's Focus: Sacred Friday transition

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



SACRED FRIDAY TRANSITION

This Friday feels: ☐ Easier ☐ Harder ☐ Different ☐ Same

My evening plan: _____
_____

What I'm honoring by staying present tonight: _____
_____
_____
_____
_____
_____



EVENING PRACTICE: BODY SCAN + GRATITUDE

Scan from head to toe and breathe into any tension. Then place both hands on your heart and thank your body:

"Thank you, body, for carrying me through this week. I'm listening."

Evening Reflection · Second Friday Complete

What I noticed: _____
_____
_____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 14: WEEKEND PRESENCE

Today's Focus: Spaciousness and being

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



SPACIOUSNESS AND BEING

How I'm using this clear Saturday:

_____
_____
_____
_____
_____
_____



MOVEMENT & SOMATIC PRACTICE

Movement/somatic practice today: _____

What my body released: _____
_____
_____
_____
_____

Evening Reflection · Two Weeks Down

How I feel about that: _____
_____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 15: THE IDENTITY SHIFT

Today's Focus: Who am I becoming?

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



WHO AM I BECOMING?

Old identity: "I'm trying not to drink"
New identity: "I'm someone who doesn't drink"

Where am I on this spectrum?
Still "trying" ☐ --- ☐ --- ☐ --- ☐ --- ☐ Fully shifted

"You're becoming someone new."



STEPPING INTO IT

The identity I'm stepping into: _____
_____

How I'm embodying this today: _____
_____
_____
_____
_____
_____

Evening Reflection

Today I showed up as: _____
_____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 16: BODY WISDOM

Today's Focus: Listening deeper

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



LISTENING DEEPER

What is my body trying to tell me right now? _____
_____
Where am I ignoring its messages? _____
_____
_____
_____
_____



PRACTICE: THREE CONSCIOUS PAUSES

Three times today, pause and check in with your body sensations.

Pause 1: _____
Pause 2: _____
Pause 3: _____
_____
_____
_____

Evening Reflection

What I'm learning to trust: _____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 17: RELATIONSHIP RECALIBRATION

Today's Focus: How connections are shifting

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



HOW CONNECTIONS ARE SHIFTING

Who has been most supportive? _____
Which relationships have improved? _____
Which relationships feel different now? _____
_____
_____
_____



CONNECTION WITHOUT NUMBING

What I'm learning about connection without numbing:

_____
_____
_____
_____
_____
_____

Evening Reflection

How I showed up differently today: _____
_____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 18: EMBRACING ALL OF IT

Today's Focus: Loving the uncomfortable parts

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



THE "YUCK" I'M LEARNING TO EMBRACE

_____
_____
_____
_____
_____



PRACTICE: COMPASSIONATE SELF-WITNESSING

The part of me I usually judge: _____
_____

What it needs to hear:

"I see you. I accept you. You belong here too."

What shifted when I offered this: _____
_____
_____
_____
_____

Evening Reflection

Today I learned: _____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 19: VISIONING FORWARD

Today's Focus: Where am I going?

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



WHERE AM I GOING?

By Day 30, I want to have: _____
By Day 60: _____
By Day 90: _____
_____
_____
_____



THE WOMAN I'M BECOMING

The woman I'm becoming can: _____
_____

What needs to happen this week: _____
_____
_____
_____
_____

Evening Reflection

One step I took toward my vision today: _____
_____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 20: FRIDAY EASE

Today's Focus: Noticing what's become natural

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



NOTICING WHAT'S BECOME NATURAL

This Friday feels: ☐ Easy ☐ Natural ☐ Still requires intention ☐ Hard

What's different about this Friday: _____

_____

_____

_____

_____

_____



MY EVENING PLAN

_____

_____

_____

_____

_____

_____

Evening Reflection · Third Friday Complete

What I'm noticing: _____

_____

_____

_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 21: THE THREE-WEEK MILESTONE

Today's Focus: Honoring the journey

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ **My body feels:** ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



21 DAYS. THREE WEEKS.

What I've proven to myself:

_____
_____
_____
_____
_____



HOW I'VE CHANGED

How my body has changed: _____
How my heart has changed: _____
How I'm celebrating this milestone: _____
_____
_____
_____

Evening Reflection

The biggest transformation so far: _____
What I'm committed to for the final week: _____
_____
_____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____

DAY 22: INTEGRATING IT ALL

Today's Focus: Honoring how far you've come

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



TODAY'S INTENTION

"You're not just finishing. You're integrating everything you've learned."

_____
_____
_____
_____
_____



BODY AWARENESS

Quick body scan: Where am I holding tension right now?

☐ Jaw ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hips ☐ Other: _____

What emotion lives there? _____

What my body is asking for: _____
_____
_____

Evening Reflection

Today's win: _____
Challenge navigated: _____
What I learned: _____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____ Days until Day 30: 8

DAY 23: WHAT'S SHIFTED

Today's Focus: Analyzing what's shifted

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



TODAY'S INTENTION

"Your body is safer. Your nervous system is more regulated."

_____
_____
_____
_____
_____



BODY AWARENESS

Quick body scan: Where am I holding tension right now?

☐ Jaw ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hips ☐ Other: _____

What emotion lives there? _____

What my body is asking for: _____
_____
_____

Evening Reflection

Today's win: _____
Challenge navigated: _____
What I learned: _____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____ Days until Day 30: 7

DAY 24: KNOWING YOURSELF

Today's Focus: Trusting yourself to know the answer

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



TODAY'S INTENTION

"You know yourself now in a way you didn't 30 days ago."

_____
_____
_____
_____
_____



BODY AWARENESS

Quick body scan: Where am I holding tension right now?

☐ Jaw ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hips ☐ Other: _____

What emotion lives there? _____

What my body is asking for: _____
_____
_____

Evening Reflection

Today's win: _____
Challenge navigated: _____
What I learned: _____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____ Days until Day 30: 6

DAY 25: STRONGER AND SOFTER

Today's Focus: Feeling without numbing

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



TODAY'S INTENTION

"You've discovered you're stronger and softer than you thought."

_____
_____
_____
_____
_____



BODY AWARENESS

Quick body scan: Where am I holding tension right now?

☐ Jaw ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hips ☐ Other: _____

What emotion lives there? _____

What my body is asking for: _____
_____
_____

Evening Reflection

Today's win: _____
Challenge navigated: _____
What I learned: _____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____ Days until Day 30: 5

DAY 26: WHO AM I BECOMING?

Today's Focus: Letting the identity change settle in

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



TODAY'S INTENTION

"The question isn't 'Can I do this?' You already did it. The question is: 'Who am I becoming?'"

_____
_____
_____
_____
_____



BODY AWARENESS

Quick body scan: Where am I holding tension right now?

☐ Jaw ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hips ☐ Other: _____

What emotion lives there? _____

What my body is asking for: _____
_____

Evening Reflection

Today's win: _____
Challenge navigated: _____
What I learned: _____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____ Days until Day 30: 4

DAY 27: YOUR FOURTH FRIDAY

Today's Focus: Choosing presence over numbing

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



TODAY'S INTENTION

"You chose presence over numbing. You chose yourself."

_____
_____
_____
_____
_____



BODY AWARENESS

Quick body scan: Where am I holding tension right now?

☐ Jaw ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hips ☐ Other: _____

What emotion lives there? _____

What my body is asking for: _____
_____
_____

Evening Reflection

Today's win: _____
Challenge navigated: _____
What I learned: _____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____ Days until Day 30: 3

DAY 28: SATURDAY SPACIOUSNESS

Today's Focus: Spaciousness and being

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



TODAY'S INTENTION

"Your body has learned it doesn't need to be on guard all the time."

_____
_____
_____
_____
_____



BODY AWARENESS

Quick body scan: Where am I holding tension right now?

☐ Jaw ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hips ☐ Other: _____

What emotion lives there? _____

What my body is asking for: _____
_____
_____

Evening Reflection

Today's win: _____
Challenge navigated: _____
What I learned: _____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____ Days until Day 30: 2

DAY 29: DECIDING WHAT'S NEXT

Today's Focus: Deciding where you go from here

MORNING NERVOUS SYSTEM CHECK-IN

Sleep (1-10): _____ My body feels: ☐ Calm ☐ Activated ☐ Numb
My nervous system state: ◯ Hyperaroused ◯ Window ◯ Hypoaroused



TODAY'S INTENTION

"What matters is that you showed up for yourself. You chose yourself."

_____
_____
_____
_____
_____



BODY AWARENESS

Quick body scan: Where am I holding tension right now?

☐ Jaw ☐ Shoulders ☐ Chest ☐ Stomach ☐ Hips ☐ Other: _____

What emotion lives there? _____

What my body is asking for: _____
_____
_____

Evening Reflection

Today's win: _____
Challenge navigated: _____
What I learned: _____
_____

Gratitude (3 things): 1. _____ 2. _____ 3. _____

Craving Check: ☐ Yes ☐ No Notes: _____ Days until Day 30: 1

DAY 30: COMPLETION & INTEGRATION

You did it. 30 days.

MORNING PRACTICE

Sit quietly. Hand on heart. Breathe deeply.
How does it feel to be here? _____



NERVOUS SYSTEM: BASELINE (DAY 0) VS. DAY 30

Rate each 1-10 (Baseline / Day 30):

Sleep Quality: ____ / ____ Body Safety: ____ / ____
Regulation: ____ / ____ Emotional Capacity: ____ / ____
Self-Compassion: ____ / ____ Presence: ____ / ____

What the data shows:

_____



WHO I WAS VS. WHO I AM

30 days ago: _____
Today: _____
The biggest shift in my identity: _____
What I've proven to myself: _____
What I never want to go back to: _____
What I never want to lose: _____
_____

Somatic Integration

How my body feels different: _____
Where tension has released: _____
What my body trusts now: _____
_____

DAY 30: COMING HOME

Final Integration Practices

HONEST ASSESSMENT

What was harder than expected: _____
When I almost quit, and why I didn't: _____
What I learned about my capacity to feel: _____



LETTER TO YOURSELF

Write to the version of you who started this 30 days ago:

Dear _____,

_____
_____
_____
_____

Love, the version of you who stayed



GRATITUDE FOR YOUR BODY

Place both hands on your heart. Say out loud:

"Thank you, body, for holding me through this 30-day journey. Thank you for showing me I can feel without breaking. Thank you for teaching me to trust myself. Thank you for being my home. I promise to keep listening. I promise to keep staying. I promise to keep loving all of you."

What's Next? My Decision Today

☐ Continue independently ☐ 90 Days to the Empowered Babe ☐ The EVOLVE Method
☐ Return to drinking (with awareness) ☐ I'm still deciding (that's okay)
Why this feels right: _____

How I'm honoring this accomplishment: _____

Keep coming home to yourself, love. You're worth it. – Ellen