















JOIN IN ON **DRY JANUARY.** Lifestyle adjustments around alcohol intake.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Recruit a friend to be your accountability buddy. 	2 Stock your house with non-alcoholic drinks.	3 <u>Listen to Sobriety Podcasts.</u>	4  <u>Try the DryApp.</u>
5 Practice turning down a drink.	6 Journal your motivations & experiences.	7 Create an Ohio-based <u>Bucket List</u> to occupy your time. 	8 <u>Focus on how to increase water intake.</u> 	9 <u>Crowd source your success.</u> 	10 Get take-out from a local restaurant you have been wanting to try!	11 <u>Read a book on creating healthy habits.</u>
12 Try a new sport or fitness activity! 	13 <u>Create your own mocktails.</u> 	14 <u>Reevaluate your surroundings to eliminate stressors.</u>	15 Try a new hot drink! 	16  Celebrate small victories!	17 <u>Unwind with a bubble bath.</u> 	18 Keep going, you're almost there!
19 Have a movie night with friends! 	20 Get <u>outside</u> - find a wintery hike. 	21 Review your goals for this month.	22 <u>Recognize your feelings.</u>	23 Create a Spotify playlist to share with your friends. 	24 <u>Try out a new hobby!</u>	25 One week left - you're doing great.
26 <u>Write letters to future you.</u>	27 Journal about positive changes.	28 <u>Build Your Toolbox for 2025.</u>	29 <u>Get Crafty!</u> 	30 Say thank you to those who have supported you this month.	31 <u>Continue to evaluate your relationship with alcohol.</u>	1  on completing Dry January! <u>Ease back into drinking, if at all.</u>