Why I stopped

Write this on a good day, so it can speak for you on a hard one. Keep it somewhere you will see it: by the bed, in your wallet, as a photo on your phone.

The moment I knew something had to change

What drinking was costing me (health, money, sleep, people, time)

What I want more of now

The people I am doing this for (including me)

What I will tell myself when the craving says "just one"

One thing I am looking forward to in a year's time

Signed _____ **Date** _____

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