My next 30 days

Plan for today. Notice what helps. Keep room to adjust.

Safety first. Get medical advice before stopping if you drink heavily, have had withdrawal or get symptoms when cutting down. Seek emergency care for seizures, hallucinations, severe shaking or confusion. This worksheet is not a detox plan. Follow your clinician's advice.

My start date

My reason for this month

My support plan

Support person / contact

Backup person or service / contact

Care appointments or instructions to follow

A difficult time or situation I want to plan for

If that moment happens, my first step will be

If my first option is unavailable, I will

One focus for each week

Week 1: Give a difficult part of the day a plan.

Week 2: Notice one situation that repeats.

Week 3: Adjust one routine and ask for support.

Week 4: Review what helped and plan day 31.

These are reflection prompts, not a symptom or recovery schedule. If you drink, focus on safety, seek appropriate support and revisit your plan.

Days 1–14

Use a short note. Leave room for an honest day.

AF = alcohol-free; D = drank. Record honestly; this is not a score.

Day	Date	AF / D	What helped / what I need
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Day 7 review

One thing that helped

One adjustment or support I need

Day 14 review

A situation I am noticing

My plan for the next week

Days 15–30

A calendar records days. Your notes record what matters.

AF = alcohol-free; D = drank. Record honestly; this is not a score.

Day	Date	AF / D	What helped / what I need
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

Day 21 check-in

What do I need more support with?

Day 30: plan the next step

One habit I want to keep

My next support check-in or appointment

Read the guide and sources: soberrise.com/blog/30-days-without-alcohol.html