

Dry January Planning Sheet

- 1 **WHY** do you want to do this in the first place? Get as deep as you can, passed those surface reasons. Journaling is a helpful tool for this.
- 2 Set a **SMART** goal.

S pecific
M easurable
A chievable
R elevant/Realistic
T ime-sensitive
- 3 Get yourself an accountability partner.
- 4 Consider adding a food cleanse as well for added health benefits and to keep you accountable.
- 5 Consider doing it for charity or implementing it with a group of friends or at your workplace.
- 6 Talk about it daily with your accountability partner(s).
- 7 Don't get down on yourself if you don't finish. Maybe you need to start with smaller increments of time instead. Everyone is different. How you successfully achieve goals will be different too.
- 8 Find a non-alcohol involved way to celebrate at the end!