

My daily sober routine

Use cues that fit your day. Choose small actions you can repeat; leave room to change the plan.

Date: _____ Today already includes: _____

01 After I wake up

My cue + one small action (example: after brushing my teeth, eat breakfast):

02 Before a difficult part of the day

When / where might I need support? What will I do or who will I contact?

03 One point of connection

Person, group or professional support + when I will reach out:

04 Before my main sleep

One way to wind down or make the next day easier:

If today gets hard, make the plan smaller

One basic need to care for:

One support I can use / one next action:

At the end of the day: what helped, and what will I adjust?

A planning tool, not treatment or a detox plan. Use alongside your existing recovery support.

Free guide and another copy: sobrietyystems.com/sober-routine-planner/