SOBRIETY SYSTEMS

My daily sober routine

Plan for the day you actually have. One small action in each space is enough.

Type into the boxes and save your copy, or print and write by hand.

Date

What is already on my calendar?

After I wake up

After I brush my teeth, I could put breakfast on. What cue and action fit my morning?

Before a difficult part of the day

When might I need support, and what could I do before that moment arrives?

One point of connection

Who or what could I turn to? A text, a meeting or another source of support counts.

Before my main sleep

What will help me wind down, or make the next morning a little easier?

If today gets hard, make the plan smaller

One basic need I can care for

One support or next action

At the end of the day

What helped today? What will I keep or change tomorrow?

What would you like to do tomorrow?

Try a free two-minute session

Tap the link or scan the code. Make a plan for one situation.

Start the free seven-day Steadier Week course

For a fresh copy: **sobrietysystems.com/sober-routine-planner/**

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