When Motivation

Your stay-on-track guide | You do not have to feel motivated to keep moving forward.

FOUR THINGS TO REMEMBER

1. Your reasons still matter. Return to what you want to protect, regain, or create.
2. You can rely on your plan. Routines and prepared alternatives help when enthusiasm is low.
3. Small progress counts. Notice the changes in your mornings, relationships, and daily life.
4. Support makes a difference. Reach out instead of facing every difficult moment alone.

FIVE WAYS TO MAKE THE NEXT ALCOHOL-FREE CHOICE EASIER

1. Care for the basics. Eat something, drink water, and rest when you can.
2. Change your surroundings. Step outside, take a walk, or move away from temptation.
3. Connect with someone. Call or message a person who supports your decision.
4. Choose an enjoyable alternative. Find something comforting, meaningful, or simply distracting.
5. Make the next choice easier. Remove obstacles and decide what you will do before a difficult moment arrives.

WHEN MY MOTIVATION FADES, I WILL...

KEEP THESE CLOSE

- **Revisit your My Why card.**
- **Use the Before You Pour That Drink motivation reset.**
- **Reach out to someone supportive.**

MOTIVATION CAN CHANGE.
YOUR NEXT CHOICE IS YOURS.

Quit Drinking Plan