Words to Keep Close

A little encouragement for the moments you need it most.
Print on letter-size paper, cut along the lines, and keep your favorites nearby.

I don't have to drink today.

One choice at a time.

QUIT DRINKING PLAN

I'm not missing out.

I'm making room for more.

QUIT DRINKING PLAN

A craving is temporary.

My reasons are worth remembering.

QUIT DRINKING PLAN

I can do hard things.

I've already proven that.

QUIT DRINKING PLAN

I am building a life I love.

One choice, one win at a time.

QUIT DRINKING PLAN

My future is worth showing up for.

And so am I.

QUIT DRINKING PLAN