

SOBRIETY ACTION PLAN



MICHAEL	S	M	T	W	T	F	S	Total	S	M	T	W	T	F	S	Total	
Mind 1, Meditated for 10 minutes on a state of peak accomplishment	1	0	0	0	0	0	0	1	0	0	1	0	0	0	0	1	
Mind 2, Journalled for 15 minutes about challenging my old beliefs and patterns	0	0	1	0	0	0	0	1	1	1	1	0	0	1	0	4	
Mind 3, Limited phone or screen time to less than one hour	0	1	0	1	0	1	0	3	0	1	0	1	0	1	1	4	
Soul 1, Named three things that I am grateful to have in my life	0	0	1	0	1	0	0	2	1	0	1	0	0	0	0	2	
Soul 2, Spent 30 minutes working on items from my business plan	1	1	1	1	1	0	1	6	1	0	1	0	0	1	1	4	
Soul 3, Read at least one chapter of a book about spirituality	0	1	0	0	0	1	0	2	1	1	1	1	0	0	1	5	
Heart 1, Shared the way I felt about something, to someone	1	1	1	1	0	0	1	5	1	0	0	1	1	0	1	4	
Heart 2, Spent 20 minutes with a loved one doing what they wanted to do	0	0	0	0	0	1	0	1	0	1	0	0	0	0	0	1	
Heart 3, Meditated for 3 minutes to see myself through the eyse of my kids as a person that is worthy of love	1	0	0	0	0	0	1	2	0	0	0	0	0	1	0	1	
Body 1, Exercised for 30-45 minutes	1	1	1	1	1	1	1	7	0	0	1	0	1	0	1	3	
Body 2, Consumed zero refined sugar	1	1	1	1	1	1	1	7	1	0	0	1	0	0	1	3	
Body 3, Drank one green smoothie	1	1	0	1	1	1	1	6	0	0	0	1	0	1	1	3	
								Dec 31 - Jan 6 Total	43							Jan 7 - Jan 13 Total	35

