

Tracking Changes



Strategy Suggestion: Practice saying 'no to alcohol' with a supportive friend



SD type and amount



Spent/saved



Situation



Overall mood



Rate your day (fill)

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Totals

I would rate my change journey this week



Weekly Reflections

How was my week?

If there was anything I could do differently, what would that be?



Drink type and amount



Money spent/saved



Situation



Overall mood

If I were going to do one thing around my alcohol use, what would that first step be?

What are my worries, if any, about moving forward in my change journey?

Weekly Goals

Making changes to alcohol use can be made easier if it is broken in up into smaller goals. Goals are more likely to be achieved if they are **SMART**:

Specific – what is my goal?

Measurable – how can I tell I have reached my goal?

Achievable – what can I do to reach my goal?

Realistic – how will I know I am moving towards my goal?

Timely – how long will I focus on this goal for?

For example, change to lower strength alcohol.

Goal:

What could I do to work towards or achieve this goal this week?

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