



# Beginner's Guide



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# Introduction

Hello there!

Congratulations on embarking on this transformative journey. A brighter future awaits, and a happier version of yourself is waiting for you.

I've put together this guide to simplify the process of sobriety/sober-curiosity. Within its pages, you'll find printable lists, planners, and inspiration designed to help keep you on the right path. In a world filled with alcohol advertisements, liquor stores on every street corner, and beer at every social gathering (including children's birthday parties), taking a proactive approach to prepare yourself is essential. Personally, the most effective way I've maintained my sobriety is by meticulously planning out my days, mentally preparing, and embracing a more structured lifestyle. I genuinely hope that this guide serves as a valuable resource for your journey, whether you're just starting or already well on your path to sobriety.

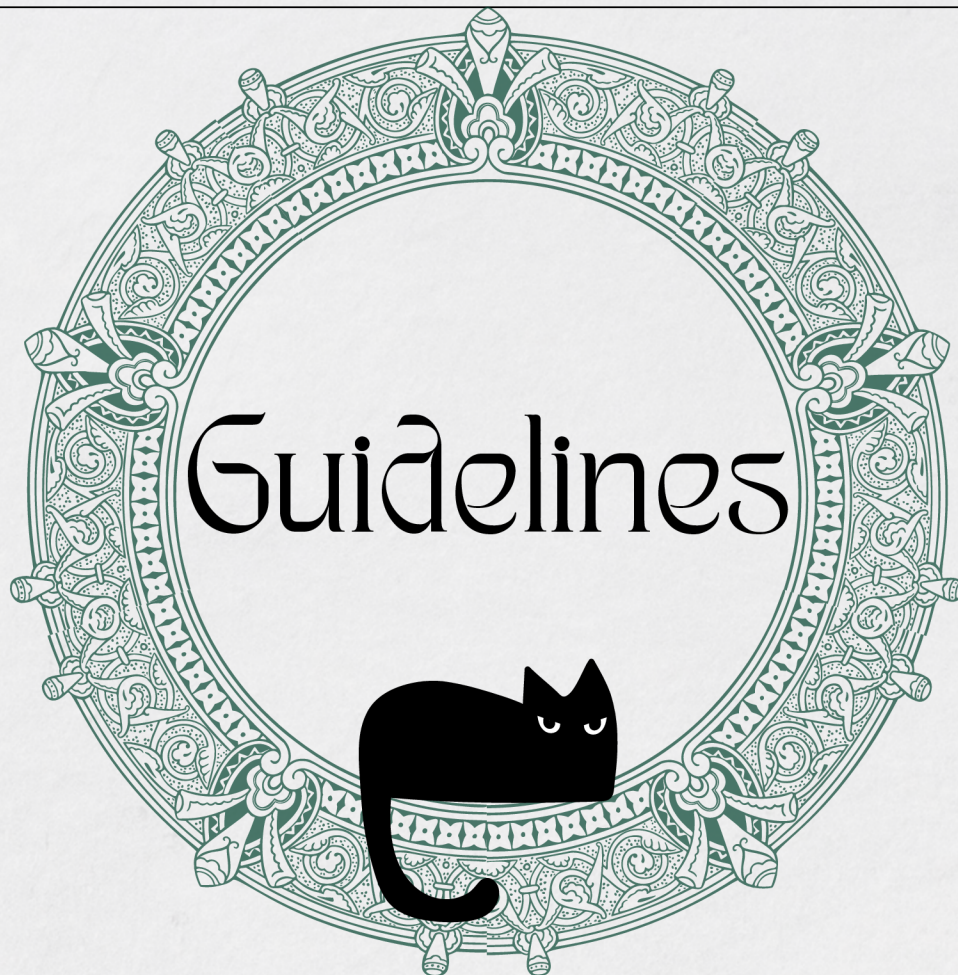
Please remember that there is only one you in this world. The world is a better place with you in it, even if it doesn't feel like it sometimes. You possess the strength and self-validation you need. As you continue your sober journey and the fog begins to lift, these affirmations will become more resonant.

In case you haven't heard it yet today, please know that I am truly proud of you for taking this step. This is a challenging endeavor, and not everyone is ready to undertake it, but you have the power within you to succeed. I believe in your magic.

-Miel







## **R**ead

- Read the content in "Things You Should Know" and explore the supplementary resources provided.

## **R**eflect

- Take a moment to print and complete the 'Reflection Journal' and 'Setting Intentions' pages. These tools will enable you to delve deeper into your journey towards sobriety, assisting you in recognizing unhelpful patterns and gaining insights into the underlying reasons for your drinking. Equally important, they will help you create a clear and vivid picture of your goals moving forward.

## **R**eady

- Ready your mental headspace, and physical environment for the upcoming changes. Get rid of alcohol in your home.
- Print out copies of daily tracker and daily journal, gather the items for rituals (if you wish to partake), and recipe ingredients for mocktails.
- Have a plan ready for which boundaries you will set, and how you will set them.





# Things You Should Know



## Alcohol & Your Body:

*No level of alcohol consumption is safe when it comes to human health, according to a WHO statement released in January, 2023. Alcohol is classified as a group 1 carcinogen--this is the highest level of certainty regarding the cancer-causing potential of a substance. Clever marketing duped millions into thinking a glass of wine a day is better than having none...*

## Why is it so Addictive?

Alcohol makes your brain feel good by activating reward systems, with dopamine playing a key role. When you drink, your brain learns to associate alcohol with pleasure, creating a strong desire for the reward, and this can be influenced by your physiological state and past experiences.



## Podcasts

- **Huberman Lab:** Episode 86 *What Alcohol Does to Your Body, Brain, and Health*
- **This Naked Mind Podcast**
- **Recovery Elevator**



## Books :

- **"This Naked Mind"** by Annie Grace
- **Quit Like a Woman** by Holly Whitaker
- **Alcohol Explained** by William Porter:
- **The Unexpected Joy of Being Sober** by Catherine Gray

## How did it get so bad?

Habitual drinking behaviors, as they become ingrained in the brain's basal ganglia, can make it challenging to quit drinking because they shift from conscious control to automatic habits, increasing the likelihood of continued drinking. Tolerance develops, requiring more alcohol to achieve the desired effects. Habit formation, where drinking becomes part of daily routines or responses to triggers, can contribute. Psychological factors like stress, anxiety, or emotional challenges may lead to increased alcohol use as a coping mechanism. Social and cultural norms can normalize heavy drinking, peer influence can play a role, and cravings for the pleasurable effects of alcohol may intensify.



# Setting Intentions

Today's Date:

\_\_\_/\_\_\_/\_\_\_

Rebirth & Healing Began on:

\_\_\_/\_\_\_/\_\_\_

[When your sobriety started]

I commit to nurturing my emotional and physical well-being by staying alcohol-free and:

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I resolve to find joy and fulfillment in my hobbies and passions, such as:

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I promise to stay connected to my support system by:

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If I have a temporary setback in my journey, I will:

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I will mark each day as a step closer to my goal of:

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I will prepare for difficult moments of possible temptations by:





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# Practical Tips



- **Create a Sober Daily Ritual:** Develop a daily routine that includes activities promoting self-care, mindfulness, and sobriety. This routine can be your personal magic ritual to start and end each day with intention.
  - **Mindful Breathing:** Incorporate deep breathing exercises and mindfulness practices into your daily routine to stay grounded and manage stress.
  - **Positive Affirmations:** Write down and repeat positive affirmations to reinforce your commitment to sobriety and personal growth.
  - **Stay Hydrated:** Keep your body and mind refreshed by drinking plenty of water. Staying hydrated is essential for overall well-being.
  - **Journaling:** Maintain a sobriety journal to record your thoughts, feelings, and experiences. Journaling can be a therapeutic way to track your progress.
  - **Find Sober Activities:** Discover new hobbies, activities, and interests that bring you joy and fulfillment, replacing old drinking habits with healthier alternatives.
  - **Stay Connected:** Regularly engage with your support system, whether it's friends, family, or a recovery group. Connection is essential for staying on your sober path.
  - **Make Some Magic:** If you're drawn to it, harness the energy of your sobriety journey to create a unique form of transformational magic. Like a modern-day alchemist, you have the power to infuse your life with intention, using healing crystals, herbs, and sacred rituals.
  - **Celebrate Milestones:** Acknowledge and celebrate your sobriety milestones, whether it's a day, a week, a month, or more. These celebrations can be small acts of self-compassion and recognition.
  - **Practice Self-Compassion:** Be gentle with yourself and practice self-compassion. Understand that sobriety is a journey, and setbacks can occur, but they don't define your progress.
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# Shopping Checklist ✨

## GROCERIES

- **Fresh fruit & vegetables** (ex: apples, bananas, mangoes berries, carrots, squash)
- **Alcohol-Free alternatives** (Ex: sparkling water, club soda, non-alcoholic wine/beer, cranberry tart/juice,)
- **Herbs & Botanicals** (Ex: Lavender, Rosemary, Sage, Mint, Chamomile, Rose Petals, Turmeric, Eucalyptus, Bay Leaves, Thyme)
- **Lean Protein** (Ex: Salmon, tofu, chicken breast.
- **Healthy Sweets** (Ex: yogurts, fruit salad, dark chocolate, low-sugar jams & candy
- **Grains & Legumes** (Ex: Whole wheat bread, Jasmine or Brown rice, Quinoa, Oats, Lentils, Chickpeas



Please be aware that I am not a registered dietitian, so it's advisable to consult with your healthcare provider before making significant alterations to your diet.



## SELF - CARE

- Pair of dumbbells
- Thrift Shop new clothes
- Reusable water bottle
- Relaxing shower/bath products
- Art/hobby supplies
- Moonwater (leave jar of water out under moonlight overnight)

## RITUALS

- Crystals you feel a connection to. I recommend Amethyst, Rose Quartz, and Black Tourmaline to start.
- Different color candles (white, blue, purple, yellow, and green)
- Altar items. (Ex: pretty decorative cloth, flowers, items that have meaning to you)
- Chalice/cup/fireproof bowl
- Incense (Ex: frankincense, myrrh, or lavender)
- Grimoire/Diary





# RITUALS

Remember, the power of these rituals comes from your intent and belief.

## SELF-LOVE RITUAL

Prepare a warm bath in your tub. With the intention of releasing any absorbed negative energy, add 2 tablespoons of sea or Himalayan Pink salt to the water. Next, light a white candle and sprinkle pre-washed rose petals into your bath, adding as many as you desire. While immersed in the bath, close your eyes and envision a radiant light at the top of your head. Visualize this luminous energy gradually descending through your body, gently dispelling any negative or harmful energies it encounters. Allow these unwanted energies to leave your body and be absorbed by the white candle. As you conclude your bath, extinguish the candle and dispose of it, preferably outside your home. This ritual is designed to cleanse your energy and promote a sense of renewal and positivity.



## STRENGTH RITUAL

Grab a candle--choose a color that symbolized strength to you. Carve symbols or words representing strength into the candle (Ex: discipline, strength, power.) As you light the candle, focus on the flame and visualize yourself becoming stronger both physically and mentally. As the flame calms and then magnifies, understand that this sobriety process will too come with ups and downs. Repeat these affirmations or craft your own: *"Each day, I am growing stronger, healthier, and more resilient in my recovery journey. I trust in my ability to stay strong and reject temptation. I choose life."*



## PROTECTION RITUAL

Grab a fireproof bowl, Himalayan or sea salt, a crystal that calls to you, paper and pen, and a white candle. On the piece of paper write: *"I am cleansed and protected. My body and spirit are shielded from harmful influences."* Add salt to fireproof bowl and dip your fingertips while chanting *"this salt heals my wounds"*. When you're ready, take fingers out, and place white candle in the middle of the bowl. Safely burn the piece of paper and repeat the affirmation as many times as you feel necessary. As it burns, visualize the negative influences dissipating and transforming into positive, protective energy. Extinguish the flame when you are ready, and express gratitude for the protection you are receiving. you may discard the candle, or leave it at an altar where you can light it when you feel you need some extra protection.



## CLEANSING RITUAL

Grab a bowl or container, fill it with lukewarm water and salt (sea or Himalayan). Leave it aside. While you take a shower, visualize the water wash away the toxins, the hurt, and anything else you desire to release. When it feels right, grab the bowl and dip your two hands in the water, then pat your face and head while saying *"this water heals my harmful thoughts."* Grab the bowl and as you slowly pour the water over your body (neck down) say: *This water cleanses my body and purifies my mind and spirit. I release what no longer serves me.*



## A decorative black and white floral wreath. It features a circular frame made of two intertwined lines. Various flowers and leaves are attached to the frame. The flowers have five petals and a central dot. The leaves are small and pointed. The wreath is set against a white background.



# MOCKTAIL RECIPES



## BERRY

### ENCHANTED

- Berries (strawberries, blueberries, raspberries)
- Sparkling Water, Ice
- Cranberry Tart Juice
- Fresh Mint Leaves

Crush berries in cup, fill cup with ice, pour equal parts of sparkling water and cranberry tart juice, top with a couple of fresh mint leaves

## LUNAR FIZZ

- 1 cup Sparkling Moon water
- 1/2 cup Pineapple or Mango juice
- 1 teaspoon Turmeric
- 2 Maraschino Cherries
- 3-4 ice cubes

Leave bottle of sparkling water out in the moonlight over night. Add one maraschino cherry in the cup, ice cubes, turmeric, and equal parts of sparkling moon water and juice.

## SWEET ROSEMARY

- 1 cup Sparkling Water, ice cubes
- 1/2 cup Rosemary Infusion (fresh rosemary steeped in hot water, then cooled)
- 2 tablespoons Honey or Agave Syrup
- 1 tablespoon Fresh Lemon Juice
- Fresh Rosemary Sprig for garnish

In a shaker, combine Sparkling Water, Rosemary Infusion, Honey (or Agave Syrup), and Fresh Lemon Juice. Shake well to blend the flavors & pour mix over ice. garnish with a fresh Rosemary sprig.



# DAILY JOURNAL

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

S M T W T F S

## SELF-CARE ACTIVITIES

- |  |   |
|--|---|
| <input type="radio"/> EXPRESS GRATITUDE              | <input type="radio"/> LOVING RITUAL               |
| <input type="radio"/> MAKE MY BED                    | <input type="radio"/> TAKE A LONG BATH            |
| <input type="radio"/> TAKE MY MEDICATIONS & VITAMINS | <input type="radio"/> DO A FACE MASK              |
| <input type="radio"/> SKINCARE ROUTINE               | <input type="radio"/> CALL A FRIEND OR FAMILY     |
| <input type="radio"/> HEALTHY MEAL                   | <input type="radio"/> MEDITATION                  |
| <input type="radio"/> GO FOR A WALK                  | <input type="radio"/> WATCH A MOVIE               |
| <input type="radio"/> CLEAN HOUSE / A ROOM           | <input type="radio"/> CUDDLE A PET OR HUMAN       |
| <input type="radio"/> WASH CLOTHES                   | <input type="radio"/> TRY A NEW RESTAURANT        |
| <input type="radio"/> LISTEN TO MUSIC                | <input type="radio"/> MAKE TIME TO READ           |
| <input type="radio"/> HAVE A POWER NAP               | <input type="radio"/> TRY A NEW RECIPE            |
| <input type="radio"/> SOCIAL MEDIA BREAK             | <input type="radio"/> NO PHONE 30 MINS BEFORE BED |
| <input type="radio"/> _____                          | <input type="radio"/> _____                       |

## WORKOUT

- |                               |                                |                             |
|-------------------------------|--------------------------------|-----------------------------|
| <input type="radio"/> CARDIO  | <input type="radio"/> WEIGHT   | <input type="radio"/> YOGA  |
| <input type="radio"/> STRETCH | <input type="radio"/> REST DAY | <input type="radio"/> OTHER |

THINGS/PEOPLE THAT  
HELPED ME STAY ON  
TRACK TODAY



## HOURS OF SLEEP (Hours)



## WATER BALANCE (Glass)



## MOOD

