



## 4. Alcohol: Action Plan Example

Set a specific goal that you want to achieve to reduce your alcohol intake. You may want to cut out alcohol completely, switch to low-alcohol drinks or perhaps just work towards reducing your weekly consumption. *Here's an example to inspire you on your path.*

### EXAMPLE

**I will start** On Monday the 5<sup>th</sup> of January

*(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)*

**I want to drink no more than** 1 **drink(s) on any day**

**and no more than** 7 **drink(s) per week**

*(Main goal: Decide how many days a week you want to drink and how many drinks you'll have on those days. It's a good idea to have some days when you don't drink.)*

**My reason is** To lose weight and improve my overall physical and mental well-being.

*(Motivation: When you cannot avoid a trigger and an urge hits, remind yourself of your reasons for changing your drinking habit.)*

**I will use this strategy:** Replace one drink with a Non-alcoholic drink 3 days a week.

*(Strategy: Avoid tempting situations by keeping little or no alcohol at home. Choosing low or no-alcohol drinks. Distract yourself with a healthy alternative activity like taking a walk or texting a friend.)*

**My support buddy is** my sister

*(Support system: A trusted friend on standby for a phone call, or bring one along for support in situations where you might be tempted to drink too much.)*

**Milestone reward:** A new book

*(Reward: E.g. After 2 weeks of sticking to my plan I'll treat myself to lunch at my favorite restaurant, a new book or exercise gear.)*

**Not ready for a big change yet? Start off with a tiny habit.**

**My tiny habit:** low-alcohol wine at lunch

*(Small changes over time will have a big impact.)*



## 4. Alcohol: Your Action Plan

Why do you want to drink less alcohol?

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**I will start** \_\_\_\_\_

*(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)*

**I want to drink no more than** \_\_\_\_\_ **drink(s) on any day**

**and no more than** \_\_\_\_\_ **drink(s) per week**

*(Main goal: Decide how many days a week you want to drink and how many drinks you'll have on those days. It's a good idea to have some days when you don't drink.)*

**My reason is** \_\_\_\_\_

*(Motivation: When you cannot avoid a trigger and an urge hits, remind yourself of your reasons for changing your drinking habit.)*

**I will use this strategy:** \_\_\_\_\_

*(Strategy: Avoid tempting situations by keeping little or no alcohol at home. Choosing low or no-alcohol drinks. Distract yourself with a healthy alternative activity like taking a walk or texting a friend.)*

**My support buddy is** \_\_\_\_\_

*(Support system: A trusted friend on standby for a phone call, or bring one along for support in situations where you might be tempted to drink too much.)*

**Milestone reward:** \_\_\_\_\_

*(Reward: E.g. After 2 weeks of sticking to my plan I'll treat myself to lunch at my favorite restaurant, a new book or exercise gear.)*

**Not ready for a big change yet? Start off with a tiny habit.**

**My tiny habit:** \_\_\_\_\_

*(Small changes over time will have a big impact.)*