

DECISIONS AHEAD OF TIME

As you create decisions from a conscious and deliberate place, you will notice how powerful it is to make overall decisions about your drinking ahead of time.

Here are some examples of some made ahead decisions. On the next page create a list of your own made ahead decisions. You may adopt some of mine or change and adapt them.

1

I will not drink alcohol unless I have planned to do so 24 hours ahead of time.

2

I will only drink according to my drink plan

3

I will drink the number of drinks that, ahead of time with my prefrontal cortex, I have decided to drink.

4

I will make my drink plan specific to make it simple and easy to follow when I am out.

5

I will not beat myself up for any reason.

6

I will rely on thoughtful planned decisions ahead of time rather than impulsive decisions or reactions in the moment.

7

I am willing to do consistently do hard things for myself and my health.

8

My relationship with me and my health are deliberate, planned, and honored.

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