

12

things you **MUST** do

AFTER YOU LEAVE

treatment.

BY:



FIND A SPONSOR

This is the single most important thing you must do. Even if it's just a temporary one used until you find someone that matches your personality. Seek out people in meetings who 'got what you want.'

FIND A MEETING

Create a schedule and routine of daily meetings and make attending them your new habit. Important note: stick around after the meetings, meet people, introduce yourself, fellowship! This is how you will meet sober friends and be held accountable.

FIND NEW FRIENDS

Stick around after meetings and meet people. It might be awkward at first, but trust us, this is a great step towards happiness. Stick around with the winners. These are the people that are not drinking; they are living productive lives. They want to meet you.

READ A DAILY MEDITATION BOOK OR DAILY INSPIRATIONAL CARDS

These simple reminders will help keep you going strong. Carry them with you throughout the day.

STAY BUSY

Especially, stay busy on those nights you used to play hard. Movies, grilling out, trying new restaurants, going for long walks and runs, just get in the car and go. Stay active and keep your mind busy.

STAY AWAY FROM OLD PLAYGROUNDS AND PLAY FRIENDS

It's imperative that you start meeting people that are sober and doing things that do NOT include drinking. Stay away from happy hours and drinks with old friends. The old saying goes, "stick around a barber shop, you'll end up getting a haircut." Don't get that haircut!

FIND A NEW HOBBY

The world has so many exciting things to offer and we've been missing out on them. Drinking is no longer a viable hobby. Do something you always wanted to do when you were a kid. Draw, color, write, read, build, collect, grow - do it now!

GET FIT

Join a gym (or get back to your old gym), try yoga or Pilates, meet with a trainer and set out some physical fitness goals. Do something active and do it regularly.

READ NEW BOOKS

Spend 15 minutes a day reading about something new. You will become a better version of yourself. It'll make you smarter and will keep you busy. Journal about what you are learning.

OPEN A 'SOBER' BANK ACCOUNT

Every time you think about spending money on booze or drugs put a deposit in the account for the amount you think you would have spent. It's amazing how much money you will have saved in a year. Then buy something nice for yourself!

STAY OFF FACEBOOK AND SOCIAL MEDIA

At least for the first year, it will tempt you to go back out. Seeing old friends brag about their 'luxurious' lives and how 'wonderful' the outside is will only make you feel bad. It will stir up feelings of jealousy and bitterness. Don't go there.

VOLUNTEER

Give back in all your affairs. Helping others is going to give you a life that you only dreamed of. It will make you feel great about yourself and keep your mind off doing bad things. There are great organizations out there: Big Brothers Big Sisters, Junior Achievement, and YMCA to name a few.