Building New Habits One Year Sobriety Journal

A personal and empowering journey of reflection and growth

About Connected to Recover

Connected to Recover is a nonprofit organization founded to raise awareness around mental health and substance use, particularly within communities that are often underserved or overlooked. Through education, outreach, and healing-centered programming, Connected to Recover supports individuals on their journey to recovery and mental wellness.

This journal reflects our belief that healing is not a straight line-it is a process of learning, unlearning, rebuilding, and growing. Every page is a space for your voice, your truth, and your power. Whether you're beginning your journey or continuing it, we are honored to walk beside you.

You are not alone. You are connected. You are healing forward.

Welcome to Your Journey

This journal is your space to track your growth, celebrate progress, and reflect on your healing. Each month, you'll set intentions, record challenges and triumphs, and build habits that support your sobriety. Recovery is not a straight line-this is your safe place to honor it fully.



My reason for choosing sobriety this month: Three habits I want to strengthen: One challenge I anticipate and how I'll face it: A support system I can lean on:

One thing I'm proud of from last month (or today):

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Fact: Early sobriety often improves sleep and brain clarity within the first 30 days.

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W	/hat o	did I	learr	n abo	out n	nyse	lf thi	s mo	onth?	•						
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W	/ho o	rwh	at he	elped	d me	feel	sup	porte	ed?							
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W	/hat o	۱ ob	vant	to fo	ocus	on r	next	mon	th?							



Month 2: Setting Intentions

My re	asor	n for	choo	osing	g sob	riety	this	mor	nth:						
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Three	hab	its I	wan	t to s		gthe	n:								
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One	challe	enge	lan	ticip	ate a	and h	now	l'II fa	ce it:						
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A sup	port	syst	em I	can	lean	on:									
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
One t	hing	- I'm _I	prou	d of	from	last	mor	nth (c	r toc	ay):					

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Fact: Practicing gratitude boosts dopamine, a feel-good chemical affected by addiction.

This month, what challenged me most em	otio	nally	y? -				
When did I feel proud of my choices?							
which did ricer production my choices:							
	•	•	•	•	•	-	•
What did I learn about myself this month?							
	•		-	-	-	-	•
Who or what helped me feel supported?							
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What do I want to focus on next month?							



Month 3: Setting Intentions

My re	easor	n for	cho	osing	sob	riety	this	mor	ith:						
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Three	e hab	e oits I	wan	t to s	- stren	- athe	n:								
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•	•		•	•	-	•	•	•	-	•	•	•	-	-	•
One	challe	enge	lan	ticip	ate a	and h	ow	l'II fa	ce it:						
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A sup	port	syst	em I	can	lear	on:									
	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
One	thing	l'm	prou	d of	from	last	mor	nth (c	r tod	lay):					

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ı۱		ııaı	1166		I act

Fact: Emotional triggers are normal-learning your patterns is part of long-term success.

This month, what challenged me most emotionally? When did I feel proud of my choices? What did I learn about myself this month? Who or what helped me feel supported? What do I want to focus on next month?



My reason for choosing sobriety this month: Three habits I want to strengthen: One challenge I anticipate and how I'll face it: A support system I can lean on:

One thing I'm proud of from last month (or today):

٨	/len	ıtal	He	alth	Fact
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What do I want to focus on next month?

Fact: Connecting with others reduces the risk of relapse by strengthening accountability.

This month, what cha	llenge	d me	e mo	st en	notic	nall	y?				
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When did I feel proud	of my	cho	ices	•							
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	•	-	•	•	•	•	•	•	•		•
What did I learn abou	t myse	elf_th	is mo	onth'	?						
	•		•	-	•	-	•	•	•	-	
Who or what helped n	ne fee	l sup	port	ed?							
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My reason for choosing sobriety this month: Three habits I want to strengthen: One challenge I anticipate and how I'll face it:

A support system I can lean on:

One thing I'm proud of from last month (or today):

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ı۱		ııaı	1166		I act

Fact: Habits form with repetition; it takes about 66 days to form a new behavior loop.

Th	nis m	onth	. wh	at cl	halle	nge	d me	mos	st em		nally					
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W	hat c	lid I	learr	n abo	out n	nyse	elf thi	s mo	nth?							
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W	ho o	r wh	at he	elpe	d me	fee	l sup	porte	ed?							
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W	hat c	δlν	vant	to fo	ocus	on I	next	mon	th?							

Month 6

My reason for choosing sobriety this month: Three habits I want to strengthen: One challenge I anticipate and how I'll face it: A support system I can lean on:

One thing I'm proud of from last month (or today):

Month 6: Setting Intentions

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Fact: Self-compassion increases motivation more than self-criticism.

Reflection Journal This month, what challenged me most emotionally?

AALIGII	ulu	HEE	producting choices:												

what did I learn about myself this month?				

Who or	what	helped	me fe	eel suppo	orted?			

W	hat c	v I ot	vant	to fo	cus	on n	ext n	nont	h?				



My reason for choosing sobriety this month: Three habits I want to strengthen: One challenge I anticipate and how I'll face it: A support system I can lean on:

One thing I'm proud of from last month (or today):

Month 7: Setting Intentions

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Fact: Regulating emotions can reduce cravings. Deep breathing helps calm the nervous system.

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W	hat o	did I	lean	n ab	out r	nyse	elf thi	s mo	onth?							
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W	ho c	r wh	at he	elpe	d me	fee	l sup	porte	ed?							
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W	hat o	do I	want	to f	ocus	on i	next	mon	th?							



My reason for choosing sobriety this month: Three habits I want to strengthen: One challenge I anticipate and how I'll face it: A support system I can lean on:

One thing I'm proud of from last month (or today):

Manta	l Haal	th Fact

Fact: Setting boundaries protects your mental health and recovery.

Reflection Journal

Th	This month, what challenged me most emotionally?															
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W	nen	did	I fee	el pro	oud c	f my	cho	ices'								
	•	•	•	•	•	•	•	•	•	•		•	•			•
W	nat	did	l lear	n ab	out i	myse	elf th	is mo	onth'	?						
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W	no (or w	hat h	elpe	d me	e fee	l sup	port	ed?							
	•	•		•	•	•		•	•	•						
W	nat	do I	wan	t to f	ocus	s on	next	mon	ıth?							



My reason for choosing sobriety this month: Three habits I want to strengthen: One challenge I anticipate and how I'll face it: A support system I can lean on:

One thing I'm proud of from last month (or today):

Month 9: Setting Intentions

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Fact: Nature walks and exposure to sunlight boost mood and reduce anxiety.

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Wher	n ala	i tee	•	ua c	•	cno	oices	?							
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What	did l	llear	n ab	out i	myse	elf th	is mo	onth'	?						

Who or what helped me feel supported?

What do I want to focus on next month?



My reason for choosing sobriety this month: Three habits I want to strengthen: One challenge I anticipate and how I'll face it: A support system I can lean on:

One thing I'm proud of from last month (or today):

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Fact: Journaling for 15 minutes a day can reduce rumination and increase focus.

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When							ices?								
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What	did I	lear	n ab	out r	nyse	elf th	is mo	onth?	-						
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Who d	or wh	nat h	elpe	d me	e fee	l sup	porte	ed?							
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What	do I	wan	t to f	ocus	on I	next	mon	th?							



Month 11: Setting Intentions

My re	asor	o for	cho	osing	sob	riety	this	mor	nth:						
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A sup	port	syst	em I	can	lear	on:									
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Men	tal	Hea	lth	Fact
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What do I want to focus on next month?

Fact: Relapse doesn't erase progress-it's a signal to re-engage support and reflection.

This month, what challenged me most em	otio	nally	/?				
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When did I feel proud of my choices?							
	•	0	ó	•	•	0	•
What did I learn about myself this month?							
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Who or what helped me feel supported?							
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Month 12: Setting Intentions

My re	asor	n for	cho	osing	sob	riety	this	mor	nth:						
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One	challe	enge	lar	ticip	ate a	and h	now	l'II fa	ce it:						
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A sup	port	syst	em l	can	lear	on:									
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One t							mor	nth (c		lay):					

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What did I learn about myself this month?

Fact: You are 3x more likely to stay sober if you believe in your ability to change.

This month, what challenged me most emotionally? When did I feel proud of my choices?

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What do I want to focus on next month?															