

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.

Month 1

Month 1: Setting Intentions

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):

Mental Health Fact

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

Reflection Journal

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?

Knowledge Check-In

What is one thing I've learned about my mental health this month?

How did I respond to a craving or trigger?

Have I noticed any patterns in my emotions or behaviors?

Am I using the tools I've learned consistently?

Who can I reach out to for encouragement or support?

Month 2

Month 2: Setting Intentions

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):

Mental Health Fact

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

Reflection Journal

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Month 3

Month 3: Setting Intentions

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):

Mental Health Fact

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

Reflection Journal

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Month 4

Month 4: Setting Intentions

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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):

Mental Health Fact

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

Reflection Journal

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Month 5

Month 5: Setting Intentions

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):

Mental Health Fact

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

Reflection Journal

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Month 6

Month 6: Setting Intentions

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):

Mental Health Fact

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

Reflection Journal

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Month 7

Month 7: Setting Intentions

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):

Mental Health Fact

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

Reflection Journal

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Month 8

Month 8: Setting Intentions

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):

Mental Health Fact

Fact: Setting boundaries protects your mental health and recovery.

Reflection Journal

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Month 9

Month 9: Setting Intentions

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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):

Mental Health Fact

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

Reflection Journal

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Month 10

Month 10: Setting Intentions

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):

Mental Health Fact

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

Reflection Journal

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Month 11

Month 11: Setting Intentions

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):

Mental Health Fact

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

Reflection Journal

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Am I using the tools I've learned consistently?

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Month 12

Month 12: Setting Intentions

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):

Mental Health Fact

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

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