

Beyond Gambling

30-Day Recovery Guide

Support. Strength. Recovery.

Introduction

Welcome to your first 30 days beyond gambling. This guide provides a powerful mix of structure, support, and inspiration. Each day includes prompts, reflections, and affirmations designed to support your recovery and help you grow. Use it daily, honestly, and with hope. You're not alone in this journey.

What's Inside

- ✓ Daily explanations and recovery insights
- ✓ Guided journaling and reflection pages
- ✓ Mindset coaching and examples
- ✓ Motivational quotes and affirmations
- ✓ Weekly section dividers for structure
- ✓ Progress tracker and 30-day calendar
- ✓ Clean, calming layout in recovery colours

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Week 1: Building Foundation

Day 1: Clarify Your Why

Clarify Your Why

Journal Prompts:

- What does 'Clarify Your Why' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Clarify Your Why', I noticed how it changed my perspective on recovery.

"Clarify Your Why is a powerful step in my journey."

Day 2: Identify Your Triggers

Identify Your Triggers

Journal Prompts:

- What does 'Identify Your Triggers' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Identify Your Triggers', I noticed how it changed my perspective on recovery.

"Identify Your Triggers is a powerful step in my journey."

Day 3: Set a Daily Check-In

Set a Daily Check-In

Journal Prompts:

- What does 'Set a Daily Check-In' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Set a Daily Check-In', I noticed how it changed my perspective on recovery.

"Set a Daily Check-In is a powerful step in my journey."

Day 4: Replace Gambling Time

Replace Gambling Time

Journal Prompts:

- What does 'Replace Gambling Time' mean to me today?
- What action can I take around this?

- What thoughts or feelings came up?

Example:

Example: When I focused on 'Replace Gambling Time', I noticed how it changed my perspective on recovery.

"Replace Gambling Time is a powerful step in my journey."

Day 5: Share Your Goal

Share Your Goal

Journal Prompts:

- What does 'Share Your Goal' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Share Your Goal', I noticed how it changed my perspective on recovery.

"Share Your Goal is a powerful step in my journey."

Day 6: Practice Mindfulness

Practice Mindfulness

Journal Prompts:

- What does 'Practice Mindfulness' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Practice Mindfulness', I noticed how it changed my perspective on recovery.

"Practice Mindfulness is a powerful step in my journey."

Day 7: Reflect on Week 1

Reflect on Week 1

Journal Prompts:

- What does 'Reflect on Week 1' mean to me today?

- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Reflect on Week 1', I noticed how it changed my perspective on recovery.

"Reflect on Week 1 is a powerful step in my journey."

Week 2: Strengthening Habits

Day 8: Track Mood and Urges

Track Mood and Urges

Journal Prompts:

- What does 'Track Mood and Urges' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Track Mood and Urges', I noticed how it changed my perspective on recovery.

"Track Mood and Urges is a powerful step in my journey."

Day 9: Create a Craving Distraction List

Create a Craving Distraction List

Journal Prompts:

- What does 'Create a Craving Distraction List' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Create a Craving Distraction List', I noticed how it changed my perspective on recovery.

"Create a Craving Distraction List is a powerful step in my journey."

Day 10: Review Your Budget

Review Your Budget

Journal Prompts:

- What does 'Review Your Budget' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Review Your Budget', I noticed how it changed my perspective on recovery.

"Review Your Budget is a powerful step in my journey."

Day 11: Attend a Support Group

Attend a Support Group

Journal Prompts:

- What does 'Attend a Support Group' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Attend a Support Group', I noticed how it changed my perspective on recovery.

"Attend a Support Group is a powerful step in my journey."

Day 12: Practice Gratitude

Practice Gratitude

Journal Prompts:

- What does 'Practice Gratitude' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Practice Gratitude', I noticed how it changed my perspective on recovery.

"Practice Gratitude is a powerful step in my journey."

Day 13: Visualise a Better Future

Visualise a Better Future

Journal Prompts:

- What does 'Visualise a Better Future' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Visualise a Better Future', I noticed how it changed my perspective on recovery.

"Visualise a Better Future is a powerful step in my journey."

Day 14: Celebrate Small Wins

Celebrate Small Wins

Journal Prompts:

- What does 'Celebrate Small Wins' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Celebrate Small Wins', I noticed how it changed my perspective on recovery.

"Celebrate Small Wins is a powerful step in my journey."

Week 3: Building Resilience

Day 15: Reframe Negative Self-Talk

Reframe Negative Self-Talk

Journal Prompts:

- What does 'Reframe Negative Self-Talk' mean to me today?
- What action can I take around this?

- What thoughts or feelings came up?

Example:

Example: When I focused on 'Reframe Negative Self-Talk', I noticed how it changed my perspective on recovery.

"Reframe Negative Self-Talk is a powerful step in my journey."

Day 16: Set Boundaries

Set Boundaries

Journal Prompts:

- What does 'Set Boundaries' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Set Boundaries', I noticed how it changed my perspective on recovery.

"Set Boundaries is a powerful step in my journey."

Day 17: Create a Relapse Plan

Create a Relapse Plan

Journal Prompts:

- What does 'Create a Relapse Plan' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Create a Relapse Plan', I noticed how it changed my perspective on recovery.

"Create a Relapse Plan is a powerful step in my journey."

Day 18: Practice Deep Breathing

Practice Deep Breathing

Journal Prompts:

- What does 'Practice Deep Breathing' mean to me today?

- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Practice Deep Breathing', I noticed how it changed my perspective on recovery.

"Practice Deep Breathing is a powerful step in my journey."

Day 19: Reach Out When Vulnerable

Reach Out When Vulnerable

Journal Prompts:

- What does 'Reach Out When Vulnerable' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Reach Out When Vulnerable', I noticed how it changed my perspective on recovery.

"Reach Out When Vulnerable is a powerful step in my journey."

Day 20: Reward Your Progress

Reward Your Progress

Journal Prompts:

- What does 'Reward Your Progress' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Reward Your Progress', I noticed how it changed my perspective on recovery.

"Reward Your Progress is a powerful step in my journey."

Day 21: Reflect on Your Strengths

Reflect on Your Strengths

Journal Prompts:

- What does 'Reflect on Your Strengths' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Reflect on Your Strengths', I noticed how it changed my perspective on recovery.

"Reflect on Your Strengths is a powerful step in my journey."

Week 4: Looking Forward

Day 22: Review and Recognise Patterns

Review and Recognise Patterns

Journal Prompts:

- What does 'Review and Recognise Patterns' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Review and Recognise Patterns', I noticed how it changed my perspective on recovery.

"Review and Recognise Patterns is a powerful step in my journey."

Day 23: Plan Healthy Alternatives

Plan Healthy Alternatives

Journal Prompts:

- What does 'Plan Healthy Alternatives' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Plan Healthy Alternatives', I noticed how it changed my perspective on recovery.

"Plan Healthy Alternatives is a powerful step in my journey."

Day 24: Set Financial Goals

Set Financial Goals

Journal Prompts:

- What does 'Set Financial Goals' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Set Financial Goals', I noticed how it changed my perspective on recovery.

"Set Financial Goals is a powerful step in my journey."

Day 25: Practice Self-Compassion

Practice Self-Compassion

Journal Prompts:

- What does 'Practice Self-Compassion' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Practice Self-Compassion', I noticed how it changed my perspective on recovery.

"Practice Self-Compassion is a powerful step in my journey."

Day 26: Daily Affirmations

Daily Affirmations

Journal Prompts:

- What does 'Daily Affirmations' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Daily Affirmations', I noticed how it changed my perspective on recovery.

"Daily Affirmations is a powerful step in my journey."

Day 27: Engage in Community

Engage in Community

Journal Prompts:

- What does 'Engage in Community' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Engage in Community', I noticed how it changed my perspective on recovery.

"Engage in Community is a powerful step in my journey."

Day 28: Define Recovery

Define Recovery

Journal Prompts:

- What does 'Define Recovery' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Define Recovery', I noticed how it changed my perspective on recovery.

"Define Recovery is a powerful step in my journey."

Day 29: Build a Recovery Toolbox

Build a Recovery Toolbox

Journal Prompts:

- What does 'Build a Recovery Toolbox' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Build a Recovery Toolbox', I noticed how it changed my perspective on recovery.

"Build a Recovery Toolbox is a powerful step in my journey."

Day 30: Celebrate and Plan Ahead

Celebrate and Plan Ahead

Journal Prompts:

- What does 'Celebrate and Plan Ahead' mean to me today?
- What action can I take around this?
- What thoughts or feelings came up?

Example:

Example: When I focused on 'Celebrate and Plan Ahead', I noticed how it changed my perspective on recovery.

"Celebrate and Plan Ahead is a powerful step in my journey."