

No Alcohol Week – Self Assessment

This week is about awareness, not judgment. Most people don't have an alcohol problem — but most people do have something quietly slowing progress. Use this worksheet to reflect honestly.

1. When I have alcohol (or my 'thing'), it usually leads to:

- Eating more than planned
- Poor sleep
- Skipping a workout
- Lower energy the next day
- Feeling puffy or inflamed
- No noticeable effect

2. I tend to use alcohol (or another habit) to:

- De-stress
- Socialize
- Celebrate
- Cope with boredom
- Wind down at night
- It's just routine

3. How often does this habit align with my goals? (Circle one)

1 2 3 4 5

Not at all → Completely aligned

4. If I removed or reduced this for 7 days, I believe I would notice:

- Better sleep
- Better recovery
- More consistency
- Clearer thinking
- No change
- I'm not sure

5. What is ONE behavior (alcohol or otherwise) that may be quietly slowing my progress?

6. On a scale of 1–10, how ready am I to test a change this week?

1 2 3 4 5 6 7 8 9 10

Coach Notes / Reflection:
