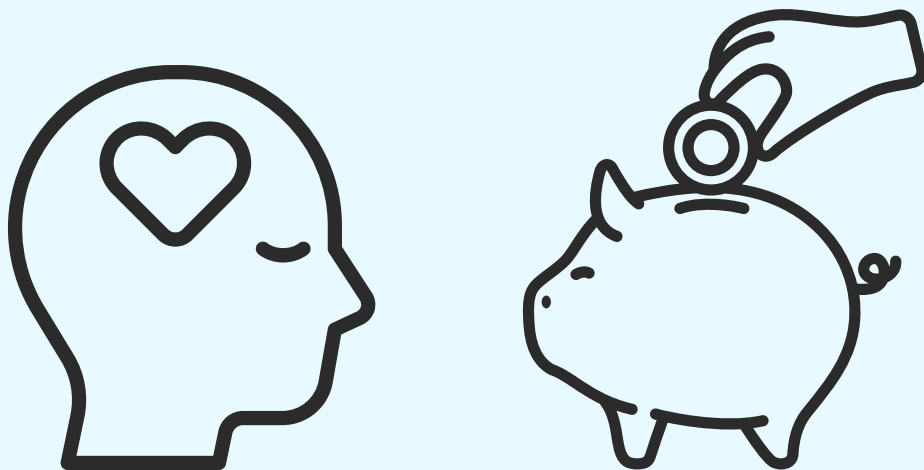


Your guide to
thriving
during
Dry January

How to save money, feel great and
enjoy Dry January this year!



Well done for making the decision to do Dry January this year!

Whether this is your first time doing Dry January or you're a seasoned pro, we at **The Lighthouse Project Spalding** are here to help you through!

We'll be giving you a hand with making plans to make sure there's always something to look forward to, plus setting you up for success with writing prompts and words of encouragement.

Here's a rundown of your Dry January Survival guide:

- pg 2 **Find your why**
- pg 3 **Your keys for success**
- pg 4 **Activities to try this month**
- pg 5 **Tips to get you through**
- pg 6 **Your journal cover page**
- pg 7 **Week 1**
- page 8 **Week 2**
- page 9 **Week 3**
- page 10 **Week 4**
- page 11 **The end of the month**
- page 12 **Congratulations!**



Find your why

Why are you choosing to do Dry January?

Is it for your health?

To save money?

To find a better way to cope with difficult feelings?

To reset after the festive period?

Working out your 'why' is important.

Your willpower will be strong when you first start, but it's easy to find yourself thinking, "Wait, why am I doing this again?"

Having your 'why' queued up and ready to go is a great way to head that question off and strengthen your resolve.

Spend some time thinking about your 'why'. Find something which feels true and right for you - it has to be personal to work!

When you've found it, write it down below:

HINT: You can also put your 'why' somewhere you see often like a post-it note on your mirror to remind you!



Your keys for success

Now you've settled on why you're doing Dry January, we're going to help you create some systems for success.

Think about times you typically drink alcohol. Are they social occasions, is it a habit to have a glass of wine with dinner, or something else?

Write down when you might want a drink, then write down something you could do instead.

Here's an example...

Sometimes I drink after a stressful day to help me unwind

Instead, I can... *find an activity I enjoy to help me relax like colouring or drawing*

Now fill in yours:

Instead, I can... -----

HINT: If you have more than one reason, you can do more in a notebook or on your phone. If you're stuck for alternative activities, check out the next page!



Some activities to try this month

Instead of thinking about what you can't do this month, let's turn your mind to all the things you can try.

By thinking about all the things you *can* do, you give yourself lots to look forward to and the time will fly by!

Here are a few of our suggestions (and there's space at the end for you to add some of your own!):

Walk and talk

Instead of heading to the pub, invite a friend out for a walk or call them up while you're out to socialise and get some fresh air.

Learn a new skill

Find a new free or low-cost activity or skill to keep you occupied. This could be something like knitting which keeps your hands busy, card tricks to impress your friends, cooking new and exciting recipes or even learning a new language!

Keep a journal

If you look online there are some cool ways to make journaling fun with coloured pens and stickers. Plus, it's a great way to work through your thoughts and feelings each day.

Start a Couch to 5K

If you have a goal of getting fitter this year, the Couch to 5K is a fantastic program to get into running and gives you a reason to wake up with a clear head at the weekend!

Write your ideas here:

HINT: We'll be posting some more activity ideas on Facebook for you to try!



More tips to get you through

If you're struggling or feeling stuck at any point this month, have a read through this page and see if there's anything which might help:

Involve a friend or family member

Also known as an accountability partner, doing this with a friend or family member is a good way to ensure your success. Studies show telling someone about a goal makes us more likely to achieve it. You can also call on them for support and plan activities to do together to keep you both busy.

Sit with your feelings

Sometimes we use alcohol to help us deal with difficult emotions like stress or burnout. If you find yourself wanting to drink, try finding somewhere quiet to sit and think. Work out what emotion you're feeling, why you might be feeling it and how you could deal with this emotion in a healthier way. This is called urge surfing!

Have a plan

If you've completed the last few pages, you should be most of the way there. However, something might crop up which is unexpected - like a reason to celebrate! Have a plan for what you're going to do to stick to your goal and make sure you succeed.

Celebrate your wins

Often we don't celebrate ourselves enough so keep a note of any time you feel proud of yourself this month! Even something like waking up early and feeling great on a Sunday morning is worth writing down. Then if you find yourself struggling you can see how positive this has been for you and how well you've done at the end!

Write your ideas here:



Your Dry January journal

Complete the prompts at the end of each week to celebrate your wins and reflect on how you're feeling.

Tick below when you complete each week's check in:

Week 1

Completed:

Week 2

Completed:

Week 3

Completed:

Week 4

Completed:

End of the month!

Completed:



Week 1

How do you feel after this week?

What was your biggest **win**?

What was your biggest **challenge**?

Outline your plan for success for next week:

HINT: Remember to include any social plans or activities you'd like to do!



Week 2

How do you feel after this week?

What was your biggest **win**?

What was your biggest **challenge**?

Outline your plan for success for next week:

HINT: Remember to include any social plans or activities you'd like to do!



Week 3

How do you feel after this week?

What was your biggest **win**?

What was your biggest **challenge**?

Outline your plan for success for next week:

HINT: Remember to include any social plans or activities you'd like to do!



Week 4

How do you feel after this week?

What was your biggest **win**?

What was your biggest **challenge**?

Outline your plan for success for next week:

HINT: Remember to include any social plans or activities you'd like to do!



End of the month!

How did you feel after completing the month?

What was your biggest **win** overall?

What was your biggest **challenge** overall?

What have you learned about yourself this month?





Congratulations!

Cheers to you for conquering Dry January!

It might've felt challenging but **you did it!** The sense of accomplishment you're feeling right now is well-deserved. You've proven to yourself that you can set yourself a goal and accomplish it!

On top of feeling great, you might also be one of the 88% of people who've saved some money this month!

If you want to share the love and help someone else achieve their goals, please consider donating the price of a drink to [The Lighthouse Project Spalding](#) by scanning the QR code below!

We provide housing and tailored support to young people who might be homeless, struggling with their mental health, or a young mum raising her child with no support.

Just £5 can give these young people the help they need to start working towards a brighter future.

Donate the price of a drink to help a vulnerable young person achieve their goals by scanning here:

or head to thelighthouseprojectspalding.com/donate-a-drink

