

The Sober School Calendar Worksheet

MON	TUE	WED	THU	FRI	SAT	SUN
Nov 22nd DAY	Nov 23rd DAY	Nov 24th DAY	Nov 25th DAY	Nov 26th DAY	Nov 27th DAY	Nov 28th DAY
EVE	EVE	EVE	EVE	EVE	EVE	EVE
Nov 29th DAY	Nov 30th DAY	Dec 1st DAY	Dec 2nd DAY	Dec 3rd DAY	Dec 4th DAY	Dec 5th DAY
EVE	EVE	EVE	EVE	EVE	EVE	EVE
Dec 6th DAY	Dec 7th DAY	Dec 8th DAY	Dec 9th DAY	Dec 10th DAY	Dec 11th DAY	Dec 12th DAY
EVE	EVE	EVE	EVE	EVE	EVE	EVE
Dec 13th DAY	Dec 14th DAY	Dec 15th DAY	Dec 16th DAY	Dec 17th DAY	Dec 18th DAY	Dec 19th DAY
EVE	EVE	EVE	EVE	EVE	EVE	EVE
Dec 20th DAY	Dec 21st DAY	Dec 22nd DAY	Dec 23rd DAY	Dec 24th DAY	Dec 25th DAY	Dec 26th DAY
EVE	EVE	EVE	EVE	EVE	EVE	EVE
Dec 27th DAY	Dec 28th DAY	Dec 29th DAY	Dec 30th DAY	Dec 31st DAY	Jan 1st DAY	Jan 2nd DAY
EVE	EVE	EVE	EVE	EVE	EVE	EVE

Questions

1. How many days are completely blank - no challenges, no boozy events, just a regular day?
2. If you split each day in two, there are 84 'time slots' over the next 6 weeks. How many are filled with boozy events or things you're worried about? What percentage of your time is that?

Next step

1. With a different colour pen, write next to each event what the point of it is. No event is *just* about drinking. It's about celebrating something, spending time together, having fun etc.
2. Do you definitely want to go? Remember, you're a grown woman. You get to decide what you do and don't do.