

NO MORE WASTED DAYS

SOBER OCTOBER

YOUR 31-DAY ALCOHOL-FREE RESET

A tracker, preparation checklist, reset plan, and choose-what-you-need listening guide.

[PRINT IT](#) | [TYPE IN IT](#) | [CLICK THE LINKS](#)



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No More Wasted Days



Welcome to Your Reset

You do not need to do this perfectly. You only need to keep choosing the next supportive step.

This month is an experiment in how good life can feel without alcohol. Use this workbook in the way that supports you. Print it, type into the fields, click the listening links, and return to the reset pages whenever you need them.

1**PREPARE**

Complete the checklist before your first day, or begin wherever you are.

2**TRACK**

Mark each alcohol-free day and write one word, feeling, or win. Let the tracker show your momentum.

3**CHOOSE SUPPORT**

Use the reset plan and listening guide based on what you need today.

A NOTE ABOUT SAFETY

This workbook offers peer education and support, not medical care. If you drink heavily or have been drinking for a prolonged period, stopping suddenly can be dangerous. Talk with a qualified healthcare professional about stopping safely. Severe symptoms require urgent medical care.

[READ THE NIAAA SAFETY GUIDE](#)

Start With Your Why

Your reason does not have to sound impressive. It only has to matter to you.

Why am I taking this 31-day break?

What am I tired of experiencing?

What do I hope to feel or notice?

My commitment

For the next 31 days, I am choosing to give myself the full experience of life without alcohol.

START DATE

SIGNED

Your Get-Ready Checklist

Set up your environment before you ask willpower to do all the work.

- ☐ Choose your start and finish dates. Put them somewhere you will see every day.
- ☐ Write down why you want this break and what you hope will change.
- ☐ Remove, give away, or relocate alcohol that will make the first days harder.
- ☐ Stock alcohol-free drinks, satisfying snacks, and easy meals.
- ☐ Tell at least one supportive person what you are doing and how they can help.
- ☐ Review your calendar. Plan for, postpone, or skip events that feel too risky right now.
- ☐ Prepare a simple response for drink offers: 'No thanks, I am not drinking tonight.'
- ☐ Make a list of activities for your usual drinking window, including a few very easy options.
- ☐ Choose the person or community you will contact when you are struggling.
- ☐ Save this listening guide and the No More Wasted Days podcast playlist.
- ☐ Plan small rewards for Days 7, 14, 21, and 31.
- ☐ If you may be at risk for alcohol withdrawal, speak with a healthcare professional before stopping.

Your 31-Day Tracker

Check each alcohol-free day. Add one word, feeling, or win if you want to remember it.

DAY 1 ☐ ONE WORD / WIN	DAY 2 ☐ ONE WORD / WIN	DAY 3 ☐ ONE WORD / WIN	DAY 4 ☐ ONE WORD / WIN	DAY 5 ☐ ONE WORD / WIN	DAY 6 ☐ ONE WORD / WIN	DAY 7 ☐ ONE WORD / WIN
DAY 8 ☐ ONE WORD / WIN	DAY 9 ☐ ONE WORD / WIN	DAY 10 ☐ ONE WORD / WIN	DAY 11 ☐ ONE WORD / WIN	DAY 12 ☐ ONE WORD / WIN	DAY 13 ☐ ONE WORD / WIN	DAY 14 ☐ ONE WORD / WIN
DAY 15 ☐ ONE WORD / WIN	DAY 16 ☐ ONE WORD / WIN	DAY 17 ☐ ONE WORD / WIN	DAY 18 ☐ ONE WORD / WIN	DAY 19 ☐ ONE WORD / WIN	DAY 20 ☐ ONE WORD / WIN	DAY 21 ☐ ONE WORD / WIN
DAY 22 ☐ ONE WORD / WIN	DAY 23 ☐ ONE WORD / WIN	DAY 24 ☐ ONE WORD / WIN	DAY 25 ☐ ONE WORD / WIN	DAY 26 ☐ ONE WORD / WIN	DAY 27 ☐ ONE WORD / WIN	DAY 28 ☐ ONE WORD / WIN
DAY 29 ☐ ONE WORD / WIN	DAY 30 ☐ ONE WORD / WIN	DAY 31 ☐ ONE WORD / WIN				

WHAT I WANT TO REMEMBER FROM THIS MONTH

When a Craving Hits: RESET

You do not have to solve the whole month. Support the next few minutes.

R**RECOGNIZE**

Name what is happening: 'I am having an urge to drink.' An urge is not an instruction.

E**EAT + CHECK IN**

Eat something, hydrate, and ask: Am I hungry, angry or anxious, lonely, or tired?

S**SHIFT**

Change your surroundings. Step outside, take a shower, leave the event, go to bed, or start a simple task.

E**ENGAGE SUPPORT**

Text or call someone. Use your community. Connection interrupts isolation.

T**TAKE THE NEXT 20**

Pour an alcohol-free drink, play an episode, and give the moment time to change before making another decision.

MY FIRST MOVE**PERSON I WILL CONTACT****EPISODE OR ACTIVITY I WILL USE****WHAT I NEED TO REMEMBER**

If You Drink: Return + Learn

A drink is a learning moment, not proof that you failed.

Your next step matters more than the shame story.

Get safe. Stop the spiral. Return to your alcohol-free plan as quickly as possible, then get curious about what the experience can teach you.

What was happening before I chose to drink?

What was I feeling, thinking, or needing?

How did drinking actually make me feel?

What support or action will I choose next time?

THE NEXT SUPPORTIVE CHOICE I CAN MAKE IS:

Podcast Episodes to Support Your Month

Choose what you need.

Every selection in this guide is an episode of the No More Wasted Days Podcast. This is not a daily playlist to follow in order. Start with the episode that matches what you need support with in the moment, then return whenever something new comes up.

I NEED HELP GETTING MY HEAD IN THE RIGHT PLACE

Ep. 143: The One Mindset Shift That Finally Made Quitting Alcohol Easy

Commitment, affirmations, identity, and the mindset shift that helped Sara stop feeling as if she were constantly giving something up.

Ask yourself: What would change if I began seeing myself as someone who simply does not drink?

SPOTIFY

APPLE

YOUTUBE

I KEEP REACHING FOR A DRINK AUTOMATICALLY

Ep. 176: The One Habit Change That Makes Quitting Drinking Easier

Small routines, habit swaps, and identity-based choices that make alcohol-free living easier than relying on willpower alone.

Ask yourself: Which part of my usual drinking routine could I change before the craving begins?

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I AM ROMANTICIZING ALCOHOL TODAY

Ep. 142: The Science of Hangovers: What Alcohol Really Does to Your Body

A reminder of the full experience of alcohol and hangovers - not only the first drink your brain is remembering.

Ask yourself: What part of the drinking experience am I leaving out of the story?

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Choose What You Need Today

Start with the episode that matches the support you need right now.

I HAVE A PARTY, WEDDING, OR SOCIAL EVENT COMING UP

Ep. 141: What I Learned Going to a Wedding 100% Sober

Practical support for limited alcohol-free options, awkward moments, the dance floor, and the fear that everyone is watching.

Ask yourself: What would help me feel supported and prepared before I arrive?

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ALCOHOL-FREE LIFE FEELS BORING OR FLAT

Ep. 171: Feel Bored After Quitting Drinking? Here's Why (and How to Fix It)

Why boredom and restlessness can show up, plus a framework for daily, weekly, and future rewards.

Ask yourself: What is one small, genuinely enjoyable thing I can give myself today?

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I AM BARGAINING WITH MODERATION AGAIN

Ep. 162: When the Wine Mom Gets Sober with Stefanie Wilder-Taylor

An honest conversation about wine-mom culture, shame, parenting, personality, and the exhausting moderation cycle.

Ask yourself: Were my drinking rules creating freedom - or keeping me consumed by alcohol?

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Choose What You Need Today

Start with the episode that matches the support you need right now.

I DRANK, AND NOW I FEEL LIKE I FAILED

Ep. 177: Coming Back After a Relapse with Laura Van Antwerp

Moderation, returning to alcohol, multiple Day Ones, and why finding your way back matters more than a perfect journey.

Ask yourself: What did this experience teach me about the support I need next?

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I DO NOT KNOW WHO I AM WITHOUT ALCOHOL

Ep. 158: Reinventing Yourself After Alcohol with Amy Mashburn

Identity grief, perfectionism, self-sabotage, and the process of reclaiming your time, energy, and future.

Ask yourself: What part of me finally has room to grow now?

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I FEEL OVERWHELMED AND WANT TO ESCAPE

Ep. 175: The Sobriety Reset You Didn't Know You Needed with Heather Pennell

Rebuilding after difficult seasons, protecting your energy, and creating a life you do not constantly need to escape from.

Ask yourself: Do I need rest, connection, food, movement, quiet, or help?

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Choose What You Need Today

Start with the episode that matches the support you need right now.

I NEED REASSURANCE THAT THIS IS WORTH IT

Ep. 173: The Truth About Long-Term Sobriety Nobody Talks About

Seven years alcohol-free: what changed, what surprised Sara, what still takes work, and why the long game is worth it.

Ask yourself: If I keep going, what could be different one year from now?

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I WANT TO UNDERSTAND WHY DRINKING FEELS SO NORMAL

Bonus - Ep. 149: Why Women Are Drinking More, and Who Benefits

Cultural messages, marketing, burnout, and the mommy-wine narrative that helped normalize drinking for women.

Ask yourself: Which messages about alcohol have I absorbed without consciously choosing them?

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Keep the full playlist close

Save the No More Wasted Days podcast playlist so you always have a supportive voice ready for the moment you are in.

YOUTUBE PLAYLIST

YOUTUBE CHANNEL

SPOTIFY PODCAST

APPLE PODCASTS



FROM MY STORY TO YOURS



A Note From Sara

You may feel like you're doing something simple, but I'm here to tell you that taking on a month without alcohol is a huge deal.

When I first started questioning my relationship with alcohol, I couldn't figure out where to begin. Finally, I decided that I would take a 30-day break. I seriously didn't know if I could do it, but I knew I had to try.

So I took on those 30 days and decided to go all in. I was going to complete them no matter what it took - just like you're about to do.

During those 30 days, I finally got to experience what it was like to live without alcohol - and I loved it. I did NOT expect that to happen.

Suddenly, I was waking up without hangovers and remembering my Friday and Saturday nights. As the month went on, I started to feel more energetic, productive, and creative.

I experienced so many positive changes that I decided to keep going, and that 30-day break turned into a lifetime break. Taking 30 days away from alcohol allowed me to discover what life was like without it - and it turned out that life was awesome.

I hope the same thing happens for you.

You do not have to do this alone.

Day Makers is a positive alcohol-free community with real support, weekly calls, and people who understand what this takes.

JOIN DAY MAKERS FOR OCTOBER

Sara | No More Wasted Days