

VIRGIN

30 DAYS SOBER

girltribe →



VIRGIN

30 DAYS SOBER

Welcome to your newest challenge and a great adventure! Getting sober for 30 days will be a beautiful, and sometimes difficult, journey that will lead you to new places within yourself and allow you to see things from a new perspective. You're here, which means you're excited to get healthy, ready to clear your mind, and stoked to get energized!

Remember to join our Facebook group, [GirlTribe Community](#), to stay connected and inspired by your tribe! There is no doubt that you will face adversities and, at times, confront temptation, weakness and peer pressure...but stay true to your inner Goddess and the rewards will be plenty.

"AFTER 30 DAYS OF SOBRIETY, THE FOG STARTS TO CLEAR FROM YOUR BRAIN AND YOU FINALLY FEEL LIKE YOURSELF AGAIN."



DAY 1

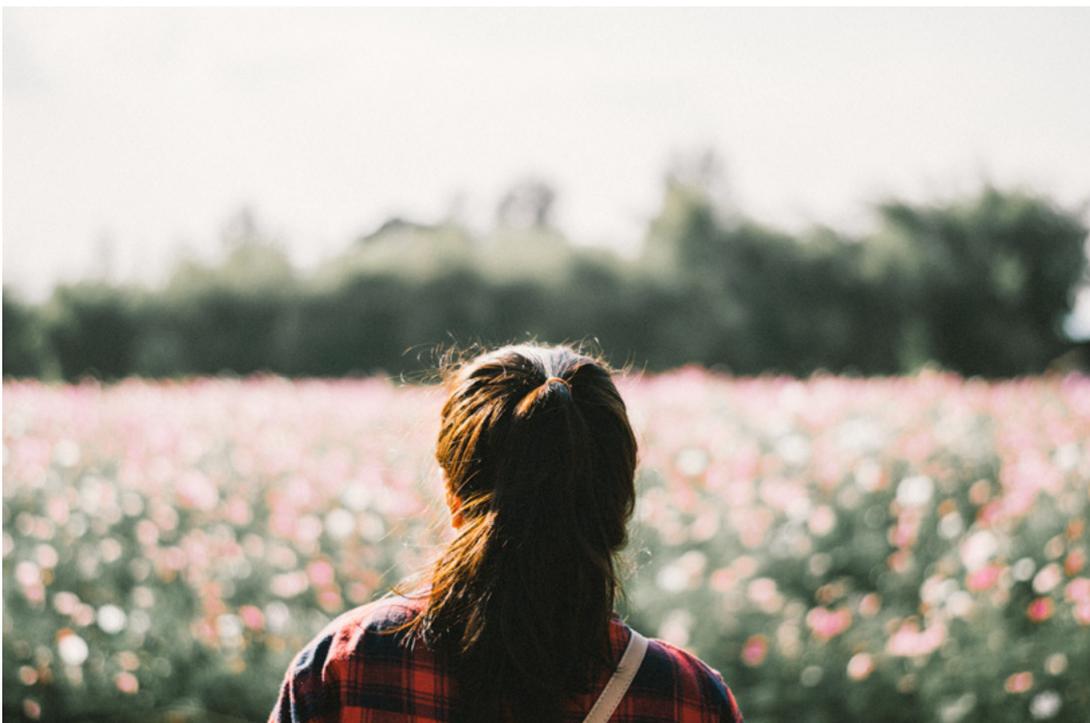
30 DAYS SOBER

I am committed to my health. I am ready to grow.
I am excited for new opportunities.

Start to develop the habit of giving thanks. It's the best thing you can do for yourself to create positivity, abundance and joy! Every day you wake up (not hung over!) for the next 30 days, let the first words in your mind and out of your mouth be, thank you. Start to list the things you feel grateful for in detail and you will start your day of vibin' high! Welcome to your new morning ritual.

How do you feel starting this journey? In your body and in your mind.

(Leave three lines for notes after each question!)



DAY 2

30 DAYS SOBER

I am on a beautiful journey. I am an advocate for my own health. I love myself.

One day down! Congrats! You're officially "in it." You're taking control of your life for the next 29 days. That means, this is the perfect opportunity to live with intention. In other words, to live with purpose, to set goals, to have a desired outcome...to be intentional. Declare it.

Take a few minutes to write down how getting sober will affect the different areas of your life.

Body:

Mind:

Relationships:

Sexuality:

Work:

Creativity:

Social:

Financial:

DAY 3

30 DAYS SOBER

I am daring. I am comfortable. I am sexy. I am feminine.

Take a naked selfie. Yes! Do this. Take your clothes off, and go into your bathroom and close the door. First, look at yourself and say out loud, "I love you, you are so beautiful, I appreciate you." Then, take a picture of yourself in this moment of time. Today, this is who you are. 27 days from now, when you repeat this exercise, you will be a slightly different woman. Value who you are today, love yourself for everything you are - and everything you will become.

"IT'S ALSO HELPFUL TO REALIZE THAT THIS BODY THAT WE HAVE, THAT'S SITTING RIGHT HERE, RIGHT NOW ... WITH IT'S ACHES AND IT'S PLEASURES ... IS EXACTLY WHAT WE NEED TO BE FULLY HUMAN. FULLY AWAKE. FULLY ALIVE."

- Pema Chodron

DAY 4

30 DAYS SOBER

I am creative. I am imaginative. I am playful.

Doodle. Grab your journal and some markers or a pen. Set a timer for 15 minutes. Just let your creative juices flow. This may result in a poem or a picture of stick people. You might draw your dream house, or a field of flowers, you might scribble a mess of lines that makes no sense at all but express a piece of you. Doodle, like a child. Doodle. Let your imagination take over and just doodle!



DAY 5

30 DAYS SOBER

I am clean. I am fresh. I am hydrated.

Start your day with a big beautiful mug of warm lemon water. Boil some water and squeeze in half a lemon. This kickstarts your digestion and rehydrates you after a night of rest. It also helps clear any toxins that have built up in your system overnight! Your body will thank you! Don't worry, this doesn't mean skip the coffee! Just have the lemon water first ;)



DAY 6

30 DAYS SOBER

I am deeply connected to others. I am loving. I love giving back.

Write a letter. An old fashioned letter to someone you love. This could be an old friend, your partner, a parent, an old teacher, an ex lover. You could send this letter tomorrow morning, or you could simply throw it away. All the same, writing letters is a wonderful way to get something off your chest, communicate, vent, re-connect, apologize, share.



DAY 7

30 DAYS SOBER

I am successful. I am a rockstar. I am doing it!

Congrats! YOU are one week in! You are a rockstar. Do something to congratulate yourself! Go to your favourite ice cream shop. Buy a new GirlTribe tank. Take yourself out for sushi. Get a manicure. Celebrate! Not all celebrations require bubbly ;)

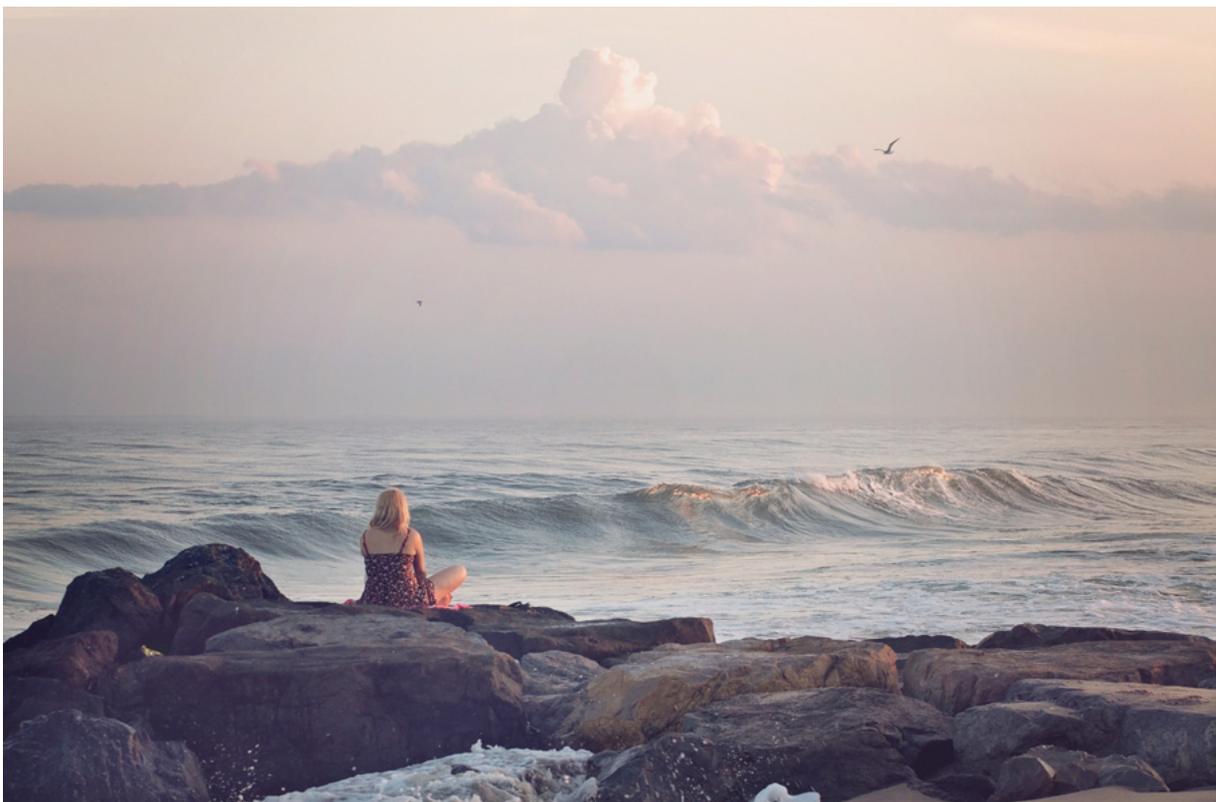


DAY 8

30 DAYS SOBER

I am open to trying new things. I am intelligent. I love to learn new things.

Start reading a book. Download an audiobook you can listen to on your way to work, go buy the latest New York Times best seller in paperback, or refresh your Kindle! Whatever way you prefer to read, read! Now that you will be sober before bed, you will likely have more free time and energy to invest in a new activity. Reading is a great way to stimulate your imagination, learn, wind down, and relax. Never been a reader? Try your favourite blog, magazine, or newspaper instead! Try to keep this designated reading time close to 30 minutes a day and social media free!



DAY 9

30 DAYS SOBER

I am aware of how I feel. I create my own reality. I understand that I choose my own happiness.

How are you feeling? Take a minute today to acknowledge how your body and mind is responding to living alcohol free.

My energy levels are _____

I am feeling _____

I like that I have been _____

I have found _____ the biggest challenge

I am most proud of _____ so far in this journey

My body feels _____



DAY 10

30 DAYS SOBER

I am capable. I am determined.

Not drinking can be difficult if you love a good glass of wine with dinner, you're a mom, stressed at work, or enjoy a girls night out with a few too many tequilas! Let's be honest, most of us fit into one of these categories. Truth is, 30 days is a short blip in time, and you can do it! You can do it. Stay strong. You're $\frac{1}{3}$ of the way there. Today, remind yourself WHY you committed to this challenge in the first place, write it down! Find a scrap piece of paper or a post it, and write down your WHY.

For example,

"I quit drinking for 30 days because I'm a Goddess and I wanted to show up for myself."

"I quit drinking for 30 days so I could get fit before my wedding!"

"I quit drinking for 30 days so I could focus on my business goals!"

"I quit drinking because I want to show up as a better wife/mother/friend/self."

"I quit drinking because I don't like the choices I make when I'm drunk."

"I quit drinking for 30 days because I want to get clear in my vision and play a present role in my life."

DAY 11

30 DAYS SOBER

I am thankful. I am grateful. I am abundant.

Write a list of all the things you are grateful for in your life. Get specific and detailed! Really think of all the things you have to be thankful for.



DAY 12

30 DAYS SOBER

I am strong. I am getting stronger. I am flexible. I am light.

Put your sneakers on and do a workout! By now you're probably starting to feel more in control of your body - lighter, less bloated, and in control. Yes! Now take it a step further by moving your body to gain mobility, strength, and agility. Sign up for a class, go for a walk, do a hike, do jumping jacks in your living room! Move. That. Sexy. Body.



DAY 13

30 DAYS SOBER

I spread the love. I pay it forward. I am generous. I am devoted to a peaceful world.

Ever heard of pay it forward? Of course you have! Today, do something kind for someone without taking anything return, without taking credit, without expectations of being applauded. Hold the door for someone, give up your seat on the bus, leave an anonymous note, buy a stranger a coffee. A gesture of kindness goes a long way, and inspires others to do the same! You can change the world today by positively affecting someone else's life. You're a total Goddess.

"CARRY OUT A RANDOM ACT OF KINDNESS,
WITH NO EXPECTATION OF REWARD, SAFE IN THE KNOWLEDGE
THAT ONE DAY SOMEONE MIGHT DO THE SAME FOR YOU."

- Princess Diana

DAY 14

30 DAYS SOBER

I am healthy. I am motivated. I am well.

Prepare a meal you've never made before! Look up a new healthy recipe and get cooking! What better time to fuel your body with nutrients than right now? You've got this.



DAY 15

30 DAYS SOBER

I am halfway there. I am stronger than I was when I started this. I am clear in my mind and light in my body. I am a Goddess! I am brave.

Share a post in the [GirlTribe Community](#) about your sober journey so far! You are halfway there spirit sister! That is something to be PROUD of! Raise others up by encouraging them to do the same. You are truly inspiring and the tribe NEEDS sisters like you to encourage others to become their own wellness advocates! Share a piece of your story.



DAY 16

30 DAYS SOBER

I am one with nature. I am light. I love the sunshine and do not melt in the rain! I am grounded.

Get outside! Being in nature is a restorative and rejuvenating. It's the easiest way to get grounded when you're feeling a little disconnected, overwhelmed, stressed, or flighty. No matter what the weather is doing today, get outside! Set your alarm 30 minutes early, or get your gear on and head out after dinner. Leave your phone at home and really connect with your surroundings. There is beauty everywhere.



DAY 17

30 DAYS SOBER

I am sober. I am clean. I am healthy.

Ok, Day 17!! Continue to check in with yourself and acknowledge your progress! 17 days sober is a massive accomplishment and by now you should practically be introducing yourself as a Queen. We love you. Now go love yourself. Keep on keeping on, spirit sister!

I love myself because _____

I love myself for _____

I love myself when I _____

I show love to myself by _____

"YOU YOURSELF, AS MUCH AS ANYBODY IN THE
ENTIRE UNIVERSE, DESERVE YOUR LOVE AND
AFFECTION"

- Buddha

DAY 18

30 DAYS SOBER

I am relaxed. I am at peace. I can allow myself to unwind.

Watch a movie that makes you smile. Bonus? You'll be sober enough to remember how it ends!



DAY 19

30 DAYS SOBER

I am a treasure. People appreciate me. I am valued.

Ask three people what they love about you today! They can be friends, family, your partner, co-workers, or peers. Feeling shy? Here's a tip: share that you're doing a 30 Day Sober challenge and today's task is to ask 3 people what they love about you! This will provide a bit of an icebreaker. You might be surprised at what people say about you, and it will open up the gateways for you to love yourself a little harder today. You are a Goddess!



DAY 20

30 DAYS SOBER

I am clear about what I want in my life.

Set three goals. They don't have to be big goals, but they do have to be actionable and achievable! They also have to come from the HEART. Dream big, dream with the intention to create a life you love.

Here are some topics your goals could fall under:

Relationships

Health and wellness

Career

Financial

Travel and adventure

Community

Self love



DAY 21

30 DAYS SOBER

I am a boss. I am beyonce. I am a mover, and a shaker.

Put on your favourite song, and dance! Wake up first thing and shake that booty with intention. You are a Goddess, shake it like you mean it!



DAY 22

30 DAYS SOBER

I am calm. I am warm. I am relaxed.

Try a new tea! If you've never been a tea person, now is the time to try! Teas often have many healthy benefits including natural healing powers, stress relief, fertility, digestion, and sleeping. Go visit your local tea house and ask for a tea that suits you! Smell them, test them, love them. You may well find that tea is your new best friend, and even a wonderful wine replacement for after the 30 days are up!

"TEA TIME IS A CHANCE TO SLOW DOWN, PULL BACK
AND APPRECIATE OUR SURROUNDINGS."

- Letitia Baldrige

DAY 23

30 DAYS SOBER

I am adventurous. I am willing.

Are you ready to get wild? Try a new fruit or vegetable that you've never tried before! Figure out what it is and then find a recipe that includes it as an ingredient. Hey, you're not drinking, you've got to keep things exciting somehow! ;)



DAY 24

30 DAYS SOBER

I am fluid. I am movement. I am grace.

Stretch. Now that you have all this sober time to introduce new habits, stretching is definitely a good one to add to your daily self love ritual! Spend 15-30 minutes before bed stretching your body. These can be gentle, restorative stretches that help work out any tight spots, kinks, and knots. You will be shocked at how much your body LOVES to be stretched, and the more you do it, the better you will feel. All of your movements will become more fluid and painless. Daily activities like running after kids, having sex, and working out become more enjoyable when your body isn't as stiff as a board!



DAY 25

30 DAYS SOBER

I live a high vibe life. I radiate positive energy.

Read this. Vibe high! [CLICK HERE!](#)



DAY 26

30 DAYS SOBER

Give more, take less.

Time to de clutter! Pick 5 things in your house - closet, cupboard, wardrobe, garage - that you don't use anymore, and donate them! We all have things we've been meaning to get rid of and the time has come. Pick a local charity, family in need, or simply share with a friend. Getting rid of clutter in your home will free up space in your life to receive new gifts, treasures and joys. Way to give, Goddess!

"GET RID OF CLUTTER AND YOU MAY JUST FIND IT WAS BLOCKING THE DOOR YOU'VE BEEN LOOKING FOR."

- Katrina Mayer

DAY 27

30 DAYS SOBER

I am love.

"I am" statements are a very effective way of showing yourself love, raising your mood, and allowing yourself to think loving thoughts about yourself! Here are some examples:

I am brave.

I am strong.

I am sober.

I am divine.

I am generous.

Write 5 I am statements.

I am _____



DAY 28

30 DAYS SOBER

I am almost there. I am confident. I am connected. I am a Queen.

You are so close to completing your challenge! You can smell the finish line (or the red wine) by now, so don't give up! Instead, do this [yoga video](#) that will have you relaxed, grounded, stretched out, and at peace.

Remember why you showed up to this 30 days of sobriety in the first place, and reconnect to your intention. We are so proud of you.



DAY 29

30 DAYS SOBER

I invite others to share this experience with me. I am a positive influence. I am serving the greater good.

Think of one friend who you think could benefit from not drinking for 30 days. Invite them to try it and share your experience with them.



DAY 30

30 DAYS SOBER

I am alive. I am celebrated. I am whole.

Congratulations! You made it 30 whole days without a drink! A lot of people couldn't do what you have done, and you have shown magnificent bravery, commitment and willpower! We hope you are patting yourself on the back right now and feeling on top of the world for sticking to your guns and pushing through the struggle. How do you feel? We want to know! Share your success story with the tribe! You are an unbelievable Goddess, and your light is shining all over the world empowering every other woman to stand up for her health and create a life she loves! Thank you for doing YOU!

"I AM A TOTAL GODDESS, FROM THE INSIDE OUT.
I SHINE MY LIGHT ON THE WORLD."

