



*Allow 15-20 minutes for this exercise. Find a quiet space where you won't be interrupted. Begin with a few deep breaths to center yourself.*

- What activities did you used to enjoy before alcohol became your default entertainment?

[illegible]

- How could you use your reclaimed time to serve others or your community?

[illegible]

- [illegible]

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- This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- Write about a moment this week when you felt truly engaged and present without alcohol. How did that make you feel?

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