



“We are what we repeatedly do. Success is not an action, but a habit.”

~ Aristotle

Sobriety Checklist

10 Things You Can Do To Stay Sober Today

By Arlina Allen

First off, the checklist is on the last page if you just want to cut to the chase.

However, if you are like me, you might want to know why the items are on the checklist in the first place.

Here's the deal. When you wake up you have two choices, do what you feel like doing, or do the things that will determine how the rest of your day and therefor how the rest of your life goes.

The question is, “How willing are you to stay sober today?”

I have used all these tools in varying degrees for over 23 years so far. Some days are better than others and that's just being human.

A couple suggestions before launching into the explanation part of the checklist:

- 1) Journal for 5 minutes before you sleep. - This is helpful especially if you have trouble falling asleep. It preps your subconscious to help you problem solve and to see answers you need more clearly in the morning.
- 2) Avoid checking email or social media first thing in the morning. It can hook you emotionally and distract you from setting the right intention for your day.



Exercise - 20-60 minutes - A PLAN, LEVERAGE & ACCOUNTABILITY

The keys to following through on this are having a plan, getting leverage on myself and accountability.

A Plan - For me, it all starts with knowing what I'm going to do the next morning, and to put out everything I need the night before.

List of what I need:

Workout Plan (class, trainer, exercise routine)

Fitbit

Clothes

Water

Shoes

and anything else I need for the workout

Leverage - When I wake up, *I just move*, get dressed and start. If I don't feel like getting up, I use the leverage. I think about something that really bothers me and ask myself, "Do you want this to get 10x bigger?! Cuz that's where you're headed!" **The answer is hell no**, and I start to move.

Accountability - This one is big. If I commit to a friend to show up, I will bolt out of bed. Who wants to disappoint a friend?! Or you can spend money on a trainer, or join a weight loss challenge or sign up for a fitness event with some friends.

Read - 5 minutes

Daily Readers - My living room has about 6 daily readers or daily meditation books on the coffee table, a candle and some sage. I typically settle in on the couch with coffee, burn some sage and pick up 1 or 2 of these books to feed my heart & soul with inspiring thoughts. I'm a firm believer in "what you think about, you bring about", so I focus on positive, uplifting messages.

Here's a list of what's on my coffee table:

- Fear Not, by Max Lucado
- Daily Word, A Unity Publication
- 24 Hours a Day, Hazelden
- Codependent No More, Melody Beattie
- Jesus Calling, Sarah Young

Journal - 5-10 Minutes

SET & CONNECT TO YOUR INTENTION

Being clear on what your intentions are determine the tone of your day.

What is your purpose for the day? Who will you help? What are your top 3 priorities of the day?

I recommend three journals:

- The 5 Minute Journal, Created by Alex Ikonn and UJ Ramdas
- The 15 Minute Miracle, by Jacquelyn Aldana
- A regular notebook

My favorite, because it's short, is The Five Minute Journal because it covers a few of my all time favorite exercises, a gratitude list, a to-do list and positive affirmations. It also helps me to see what I did right or the unexpected blessings I've received.

See example:

To be answered in the morning:

I am grateful for . . .

1

2

3

What would make today great?

1

2

3

Daily affirmations. I am . . .

1

2

3

To be filled in at night:

3 amazing things that happened today...

1

2

3

(This is similar to Peter Diamandis's "three wins" practice; see page 373.)

How could I have made today better?

1

2

3

Another favorite is The Fifteen Minute Miracle, by Jacqueline Aldana

This one really does take about 15 minutes, but I also get way more out of it. The exercise are designed to help you use your powers of imagination for good and to help you visualize and FEEL what it would be like to live your best life. Also, there is a section to help you identify action steps towards a goal, and requires dates for the completion of those steps to inspire action. Several people I know have had extraordinary experiences, including myself (I tripled my income one year after doing this!) So I highly recommend it.

The last is a good old notebook or computer. Sometimes I just want to vent without editing and get all the crazy or creative out, depending on the day.



Prayer / Meditation - 10-15 minutes

The prayer part for me is simple. I try to say something different every day so it doesn't become emotionless and rote. In essence, I do ask for my thinking to be directed, to be divorced of selfishness and to be of service. I also ask for protection for my family, and I end with what I am grateful for.

Meditation for me is a little trickier. The idea is to "practice" quieting my mind which I struggle with but have had periods of consistency which delivered huge benefits. There is so much science backing the practice of meditation I don't even know where to begin. What I can tell you is that it is commonly known here in Silicon Valley as the "secret weapon" in increasing creativity and personal productivity by 10x.

There are tons of apps out there, here are the two I use:

- Headspace - 10 day free trial
- Oprah & Deepak Chopra - They regularly do free 21 Day Challenges!

These are guided meditations. Also, there are a couple good guided meditations on youtube by Sam Harris and another by Tara Brach. They are opposite ends of the spectrum. Sam Harris is an atheist, author and neuroscientist and Tara is a PhD, Psychologist and author who focuses on spirituality. Both are amazing.

Willingness Calls - 3

Johann Hari gave THE best Ted Talk I have seen: "Everything you think you know about addiction is wrong." Today it has almost 8 million downloads! Very powerful and backed by science. Watch it here: <http://bit.ly/2vEX6WU>

The willingness call is a great way to find and nurture your tribe. All you do is call 3 people a day. You can even say "my sponsor is making me reach out" or "just trying to get more connected", whatever.

You share a little about what's going on with you, you ask about what's going on with them and that's it!

Scientific studies show that when you share or confess something, it invokes the human need to reciprocate. Provided there is trust, the deeper the confession, the stronger the connection becomes.

And, if you're worried you are going to bother people, you are not. You can think of it like you are giving them an opportunity to be of service which is going to help them stay sober. So get connected!

The last few items I think are pretty self explanatory:

- Be of Service
- Meetings - Set up & Clean up
- Thank the meeting speaker
- Get the number of a new comer
- Meet a friend at a meeting

That's it! Simple yet effective. The book "Alcoholics Anonymous" says "Nothing ensures sobriety like intense work with another alcoholic." Find someone who is suffering the way you are, no matter what the addiction is.

It doesn't matter what the problem is, the solution is the same.

I will have more in-depth articles about all these topics, but for now, I hope you find this list helpful in establishing a foundation you can launch from to live your best life.

Peace & Love,
Arlina

Morning Routine Checklist

10 Things You Can Do To Stay Sober Today

- Exercise - 20-60 minutes**
- Read - 5 minutes**
- Journal - 5-10 minutes**
- Prayer / Meditation - 10-15 minutes**
- Willingness Call List - 3 people**
- Be of Service**
- Meetings - Set up & Clean up**
- Thank the meeting speaker**
- Get the number of a new comer**
- Meet a friend at a meeting**