

Place Yourself in Your New World

Reflection:

1. What does sobriety look and feel like to you? Describe your vision of living a sober life.
2. How do you envision your physical, mental, and emotional well-being improving with sobriety?
3. What changes do you anticipate in your relationships with family, friends, and loved ones as you embrace sobriety?
4. How will sobriety impact your ability to set and achieve personal and professional goals?
5. What opportunities do you see for self-discovery and personal growth in your sobriety journey?
6. How do you imagine gaining greater emotional stability and resilience in your sober life?
7. What new hobbies, interests, or activities do you look forward to exploring without the influence of substances?
8. How will you prioritize self-care and nourish your mind, body, and spirit in your sober lifestyle?
9. In what ways do you anticipate feeling more empowered and free in your sobriety?
10. How will you actively engage with sober communities and support networks to foster connection and camaraderie?
11. How do you envision the positive impact of your sobriety on future generations and your community?
12. What aspects of sobriety are you most grateful for, and how do you anticipate experiencing greater fulfillment in your life?
13. How do you see sobriety enhancing your ability to be present, mindful, and fully engaged in each moment?
14. What gives you hope and optimism about the possibilities and potential of your new sobriety world?

Think about the characteristics of your new world.

- What does it look like?
- What are the unique features of this new world?
- What kind of people or creatures live there?

Use your imagination - Imagine yourself stepping into this new world. Think about the environment, sounds, smells, and sights around you. Try to create a mental picture of the world you are entering. Imagine that your loves ones, your family, your son, your daughter, they are all happy and proud of what you've become. Imagine cleanliness in your home, in yourself, in your mind.

Visualize your role in this new sober world

- Determine what your purpose is in this new world.
- Are you a leader, an explorer, or a follower?
- What skills do you bring to this new world?
- How can you contribute to the community?

Connect with your emotions - Imagine how you would feel in this new world. Are you excited, scared, or curious? Try to connect with these emotions and explore them further. Think of your big why, why are you doing this?

Create a mental map - As you continue to visualize your new world, create a mental map of the your world and the people around you. This will help you better understand your surroundings and your role within them.

With all this, accept your new world and really **BE IN IT**. No reluctances, no looking back, no doubts, just accept and dive into it. Accept your new sober self and embrace all the perks that comes with it. Welcome to your successful sobriety journey.