



THINGS TO DO INSTEAD OF DRINK

| "RELAXING / LEISURE" (Low Mental or Physical Energy Required) | "CREATIVE" (Moderate Mental or Physical Energy Required) | "PRODUCTIVE" (Higher Mental or Physical Energy Required) |
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| <ul style="list-style-type: none"> • Reading (when's the last time you read for fun?) • Sitting outdoors • Meditating • Stroll in park • Stretch • Bubble bath or hot tub • Nap • Self-hypnosis / tapes <p>ADD YOUR OWN:</p> <ul style="list-style-type: none"> • • • • • • • • • • • • • • | <ul style="list-style-type: none"> • Cooking / Baking • Create Recipes • Write a cookbook • Paint a picture • Color with crayons or color pencils • Plan what to do if you win the lottery • Practice new makeup techniques (see great tutorials on "Youtube.com") • Start a fish tank <p>ADD YOUR OWN:</p> <ul style="list-style-type: none"> • • • • • • • • • • • • • • | <ul style="list-style-type: none"> • Plan a business • Volunteer Work • Exercise • Workout • Organize a closet • Design & decorate a room • Paint a room a new color • Plant a garden <p>ADD YOUR OWN:</p> <ul style="list-style-type: none"> • • • • • • • • • • • • • • |

➤ **Now circle or highlight your top 5 things from each of the lists above. Keep them close by so you can find them easily when you're thinking about drinking because you're bored or you need to do something fun, stimulating or peaceful.**