

A woman with curly hair is smiling and holding a glass of white wine in a restaurant setting. The background shows a dining table with a white tablecloth, a red napkin, and a glass. A large, dark, conical pendant light hangs above her. The overall atmosphere is warm and inviting.

DAILY DRINKING
REFLECTION

Laura
CARROCCI

DAILY DRINKING REFLECTION

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TODAY I STUCK TO MY DRINKING PLAN? YES / NO

IF YES.

DESCRIBE YOUR THINKING TODAY

WHAT WAS YOUR PREDOMINATE EMOTION/S?

HOW DID YOU MANAGE THE DAY WELL? WHAT DID YOU NOTICE?

IF NO.

LOOK BACK AT WHEN YOU DIDN'T DRINK TO PLAN.

WHAT DID YOU DRINK? BE VERY SPECIFIC HERE.

WHAT WERE YOU THINKING?

WHAT WERE YOU FEELING?

WHAT WAS THE IMPACT OF THIS DRINKING? HOW DID IT
IMPACT ON THE REST OF THE DAY?

REVISIT YOU'RE DRINKING PLAN.

ARE YOU COMMITTED TO IT?

WHY IS IT IMPORTANT TO YOU?

WHAT DID YOU LEARN FROM TODAY THAT YOU CAN USE
TO DO BETTER TOMORROW?

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