

S	O	B	E	R
Take A Hot Bath	Be of Service	H.A.L.T.	Prayer	Make a Healthy Meal
Exercise	Say Positive Affirmations	Pet an Animal	Call A Friend	Read a Positive Book
Watch an Inspirational Movie	Call Your Sponsor	How Free do you Want to Be?	Journal	Listen to Music
Read Your Big Book	Make A To Do Checklist	Play Out The Tape	Have a Service Commitment	Meditation
Do Stepwork	Put it in Your God Box	Express Yourself with Art	Yoga	Go to a Meeting

S	O	B	E	R
Watch an Inspirational Movie	Yoga	Call A Friend	Make A To Do Checklist	Exercise
Prayer	Listen to Music	H.A.L.T.	Meditation	Call Your Sponsor
Journal	Be of Service	How Free do you Want to Be?	Have a Service Commitment	Play Out The Tape
Go to a Meeting	Take A Hot Bath	Express Yourself with Art	Read Your Big Book	Do Stepwork
Make a Healthy Meal	Join a Home Group	Read a Positive Book	Pet an Animal	Say Positive Affirmations

S	O	B	E	R
Read Your Big Book	Have a Service Commitment	Watch an Inspirational Movie	Go to a Meeting	Prayer
Put it in Your God Box	Read a Positive Book	Yoga	Make A To Do Checklist	Call Your Sponsor
Play Out The Tape	Call A Friend	How Free do you Want to Be?	Journal	H.A.L.T.
Join a Home Group	Make a Healthy Meal	Do Stepwork	Be of Service	Take A Hot Bath
Say Positive Affirmations	Pet an Animal	Listen to Music	Meditation	Express Yourself with Art