

ALCOHOL FREEDOM JOURNEY WORKBOOK



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Congratulations and *welcome*

I'm so happy you are here! And the reason you are is that something inside you is ready to make a change. I know because I was there 4 years ago!

Maybe you're tired of the daily cycle... the thinking about drinking all day, then having a drink, and then beating yourself up with shame and blame.

This workbook is about your first steps.

Not doing everything perfectly. Not having all the answers.

Just starting and getting curious.

Inside these pages, you'll begin to:

- Build awareness around your drinking habits
- Understand your triggers and patterns
- Find simple ways to get through urges
- Start creating new routines that support you

This is a huge step and I am so excited for you for what lies ahead. You can do hard things, I know you can as you are here!

Go at your own pace.

Small steps really do create big change.

You are not broken. It is not too late. And this is not as good as it gets.

Let's do this!

I'd really like you to take a moment to acknowledge yourself!!

You showed up. You took the first step!!

And you were honest, brave and vulnerable enough to look at your patterns and work through the pages provide – that's no small thing.

Change doesn't come from doing everything perfectly.

It comes from moments like this... choosing to begin.

From here, it's about moving forward – one small step at a time.

Keep building awareness, keep showing up for yourself, and keep going, even when it feels hard. If you'd like to have a FREE discovery call with me to work on your next steps you can follow the link to book [HERE!](#)

I would LOVE to be on this journey with you, but whatever you decide, you're already on your way and I'm so proud of you!

Love, Meg

