

SPIRITUAL SEEKER'S SUGAR SOBRIETY CHECKLIST

THE "MUST HAVE" DAILY CHECKLIST TO GET OR STAY SUGAR SOBER

You heard the call to get off of sugar and you listened! You started for the vanity, but you have figured out that it is about so much more - the sanity, the emotional sobriety, the expanding of your spiritual connection. This checklist will help you stay on track and in the flow. Love, Michelle

WHAT GOES IN THE BODY

- Plenty of water (8 + glasses)
- 5 to 8 servings of vegetables
- Protein and healthy fat at every meal
- Move with purpose every day

WHAT GOES ON IN THE WORLD

- I do my best
- I am of service to another
- I bless everyone I encounter (silently)
- I inventory the good today & learned from the difficult

WHAT GOES IN THE MIND

- Pray first thing in the morning
- Breathe, tap or meditate at least once a day for 5 - 15 minutes
- Read something uplifting
- Write for 5 - 15 minutes, either free write or gratitude list

WHEN IN DOUBT OR TEMPTED, PAUSE AND PRAY

- Thank the Spirit of Love for its presence
- Ask for help to set aside what you think you know
- State your willingness to be shown the truth/ the lesson
- Thank the Spirit for the clarity that is on its way



SUGAR SOBRIETY



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