



Emotional Sobriety Goals 2023

What would you like to have happen in your life this year? Regarding your physical sobriety? Regarding your emotional sobriety?

What areas of growth would you like to focus on and commit to?

What blocks or character flaws would you like to have removed?

What would you like to change in friendship and love?



What would you like to see happen in your family life?

What decisions would you like to 'remake' – to align yourself more fully with your adult sober self?

Create a power word for 2023.

Create an affirmation – the one phrase that will remind you that you are on track and can accomplish anything you set your mind to?

Can you reach for clarity and commitment without rigidity? Can you set goals to be your rudder, knowing that life's waters can get unexpectedly rough?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.