THRIVE NOW

Workbook 2

Your Big WHY

Welcome to The THRIVE NOW video training series. I’m so pleased that you are here. It’s going to be a wonderful and exciting time for you, and you can be very proud that you have taken this step.

This is a free resource from The Alcohol Coach to help get you started on your journey to feeling better about life right now.

This is your workbook. Keep it. Print it. Scribble on it. Edit it and add you own notes. It’s yours. It is really useful to keep a record of where you started from with your alcohol-free experimentation.

You are awesome! Let’s dive in.

Michaela x

The Alcohol Coach

**Lesson 2**

**Your Big WHY**

1. **Thoughts**

In what ways do your thoughts and emotions stop you from thriving? List them here.

What will you do to overcome this?

1. **Your Big WHY**

This is where you commit to paper your big WHY. Think forwards to the future. What do you want to change. Write it here.

SMILE, and feel that excitement NOW!

My Big Goal…

Why do I want that?

Why?

Why?

Why?

Why?

Fantastic!

You now have the Big WHY to THRIVE NOW!

See you in Video 3, The Secret To Positivity