ALCOHOL, DRUGS AND RECOVERY

The Money and the Hours

Adds up what a normal week costs you in money and time, and what you would do with it back.

WHEN TO USE THIS

Use this when you want a reason that is concrete rather than a lecture.

Over an ordinary week, what does it take? Rough guesses are fine.

MONEY	HOURS

Add up a month of that. What does it come to?

Three things you would put that money or those hours into.

Things you have been putting off. Small ones count.

1.
2.
3.

Which one could you start this month, even in a small way?

Money and hours are easier to picture than most reasons. Keep this where you can see it.