

**GOOD TO KNOW**

**CHART**

## Sober Mantras

*Alcohol not only  
numbs the bad,  
it also numbs the good*

 HelloSundayMorning

*Sobriety is a real  
privilege. Be happy  
and proud!*

 HelloSundayMorning

*Sobriety is self-love*

 HelloSundayMorning

*Not drinking is cool  
and sophisticated*

 HelloSundayMorning

*One day at a time,  
one hour at a time,  
one minute at a time*

 HelloSundayMorning

*It's so good that  
you take such  
loving care of yourself!*

 HelloSundayMorning

*You're not missing out,  
the only thing  
you're missing out is  
hangover*

 HelloSundayMorning

*Whatever happens,  
don't pick up (a drink)*








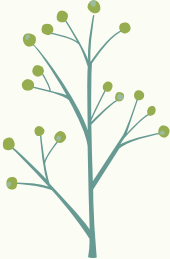







 HelloSundayMorning

*Look how far  
you've come,  
don't give up!*

 HelloSundayMorning

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Write your own sober mantras!

 <p> HelloSundayMorning</p>	 <p> HelloSundayMorning</p>	 <p> HelloSundayMorning</p>
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