

HOW I FEEL...
BEFORE MY DRY JULY®

I **feel**

.....

I **think**

.....

Right now, I'd like to do **more**

.....

.....

Right now, I'd like to do **less**

.....

.....

My biggest challenge with Dry July will be...

HOW I FEEL...
AFTER MY DRY JULY®

I **feel**

.....

I **think**

.....

I'm doing **more**

.....

I'm doing **less**

.....

The best part of Dry July for **me** was...

The best outcome for **my workplace** was...