

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...