



This DRY July planner is a bit different. It's not about alcohol, it's about YOU.

Make this month the best of the year. Without doing and thinking booze you will have a lot more time in your day. Your senses will get supercharged. You will love the fitness daily streaks. The impact of your ME Month will reveal early and the progress intoxicating. All you need to do is commit to your intentions and give all your extra oxygen to your new habits.

It is a GROW month, not a DENY month. You can have it all. Write it down and it will happen. Trust me, the DRY part will take care of itself.

Don't overthink it. It's not an exam, there is no pass or fail. The only person you are proving you can do this is you. Doing it with the support of friends and family is even better.

The big learning of mine is without the booze you get four extra hours in the day and workwise you will be a lot more productive. Like me you are likely to be wide awake ready to start the day by 6am. Use it. At the other end of the day, I replace the booze fog with exercise and evening strolls, a course at AUT on a Tuesday with date night. The first few days will be a bit weird feeling so awake. What is weirder is that with Dry July you will sleep better than you have in ages.

On August 1 have a chat with yourself and look at the facts, what changed over the month?

Do you feel better, different, energized? You may even find out a few things about yourself you didn't expect.

The tips shared are what has worked for me, and the insights gained over the past four years. I'm sharing it because State of Play Brewing was founded to offer people the choice. We should all be able to share a beer regardless of the alcohol content. I started Dry July back in 2020, I haven't stopped, and life continues to get better. I hope sharing my story helps you with yours.

Grant (2.0)

LET'S START WITH THE FACTS

You will need to measure as much as you can. I recommend a smart watch or Fitbit to take a daily record of steps, heart rate, exercise, and sleep. Scales to measure your weight. A journal or smart phone app for calorie intake takes the subjectivity away if losing weight is important.

IT WOULD BE GREAT IF.....

The month is already DRY. What change do you really want to see & be? What has got you thinking and interested in a full ME MONTH, what is bothering you, where is the heart of your motivation. Where is your tension – this is the fuel for your motivation.

It could be your health, wealth, waistline, connections, or rejections. Life might be out of balance and need a reset. The brain is in a fog, you are worried you worry too much. Taking control and being captain of your own ship might be just what you need to get back in the game.

Write your July motivation down here....

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Grant's Motivation: I've gotten a bit flat, and some poor eating and exercise habits have formed. My mojo needs a boost I'm annoyed I pay for a gym membership and it's not getting used. I'd love to wear a pair of size 32 jeans – it will be the first time in my adult life my waist is shorter than the length! I've signed up for an 800km Camino next March and I need to get in shape. I know when I get my streaks going, I'm unstoppable.

GOALS FOR THE MONTH – THE ME CONTACT

Looking at your motivation what smart goals are your inputs for the month.

Example 1. If weight is a driver, what are you going to do about it. What is your plan for exercise and diet? Do you need some professional support? Join a gym. Dust off the trainers? Take the stairs. Set a target and enjoy getting there. TOP TIP – when you stop boozing you consume a lot less sugar and calories and it's easy to replace this with cake to get your sugar hit. Now you know this you can work in your treats to your eating plan.

By the way after two weeks, you will be amazed how sweet food is and how much more flavour you get from your meals. A good read if you want some inspiration is Peter Fitzsimmons book 'The Great Aussie Slimdown.'

Example 2. If wealth is your driver set up a tracker or account for all the money you would have spent on booze or booze related costs (taxi, fast food). You will be amazed how much this gets to over a month. When I did this, I got to \$1250!!!

Example 3. If exercise and improving your energy is your driver, then you may want to chat with a professional to work out the program right for you. You can do your own 10,000 steps a day program or join a gym for the month and be part of some classes. It's also 12 weeks out from the AKL ½ marathon and the best time to kick off training.

Example 4. If focus and regaining control is your driver you may get some professional advice from a coach or mentor to get your mojo back and focus on the right areas to get back control.

MY SMART GOALS FOR THE MONTH ARE...

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Grant's Goals. Get to 90kgs. Set a new parkrun record. 4 x 20km hikes. Launch a new State of Play beer and lock in the 2024/25 summer business plan. Catch a fish.

THE PROCRASTINATION STATION.

What have you put off for ages. What is living rent-free in your brain because you haven't completed it. Procrastination is an oxygen thief. What are you going to do in July that just needs to be done?

Write down your procrastination list here....

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Grant's procrastinations. Tidy the garage. Throw out the clothes that are too big. Paint the trellis. Clean the BBQ. Writing that down feels better already!

PLAN YOUR MONTH.

July will fly by. There are only FOUR weekends. That's four hangover free Saturdays and Sundays—sounds like a good time to join your local ParkRun for an 8am 5 k walk/run. Or experience the sights, sounds and smells of a weekend market. Come say hi to me at the State of Play stand at Smales Farm market on AKL North shore on the second Sunday of the month.

Print out a calendar or set up an online month planner.

- Fill in what you are going to do at the weekends. That's 8 days.
- A gym class (or a walk/run) mid-week. That fills up 12 days.
- Booze free date night, friend feast once a week. 16 days
- Movie night Friday. 20 days
- Your super treat, do something really fantastic – massage? 21days
- Learn a new hobby/evening classes once a week. 25 days.
- And that leaves 6 days to relax (or clean the garage!), and there is the month gone. Voila!

Grant's Month. I have planned a fishing trip. Te Reo Māori Beginners 2 classes are on every Tuesday, followed by date night dinner. I will do two Les Mills evening classes. Four 20km weekend Camino practice walks.

NEW AND HAPPY HABITS

July is a great month do build some new habits and try some things for the first time. Or re-acquaint yourself with old hobbies you used to enjoy.

- How about a non-alc beer tasting night with other Me-Monthers. State Of Play would love to be invited.
- A booze free dinner date, some disco dancing?
- Morning mid-winter swims/learn to swim.
- Learn something new – heaps of community classes to choose from.

What are you going to do that is new and different in July?

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Grant's new habits: I would love to learn how to Whistle loudly!

SAVE THE DATE TO CELEBRATE – THE 18TH OF JULY

The 18th July is statistically the date most people quit DRY July. We are going to turn this dark day into the brightest. This year the 18th of July is a Thursday. Time for a mid-month celebration – what are you going to do?

What are your plans for the 18th of July?

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Grant's 18th celebration: I'll be at my annual fishing trip in Tongariro doing a State of Play beer tasting night.

SHARE YOUR ME-MONTH, INVITE YOUR PARTNER, FRIEND AND FAMILY

It's better together and even more fun sharing the journey. Each person has different motivations and goals, and we all share the same number of days in the month. Support Dry July and the awesome work done to raise awareness and support for cancer research AND that you are doing it for YOU!

BOOK IN AN INTERVIEW WITH YOURSELF ON 1 AUGUST

You will have plenty of facts to review and a scorecard of what you committed to (what you wrote on your planner), and what you achieved. Complete your measurements just like you did at the beginning of the month and go through your goals and inputs. Read through your daily notes and journal. What did you discover about the journey and about yourself (and others)? At the end of the month, I hope you kicked some goals and addressed what motivated you to act in the first place. Feels good eh!

Now you have a choice, you can keep going, and plan another ME Month.

YOUR TO-DO LIST TO PLAN FOR YOUR BEST MONTH

Write down your motivation and desired outcomes.

Write down your month goals and input drivers.

Write down your procrastinations to complete.

Write down your do something new list.

Write down your new habit plan.

What are you going to do on the 18th of July?

Download, get a calendar/planner and fill in your month.

Join me on the 24th of June for the Ultimate Me-Month LinkedIn Live
<https://www.linkedin.com/events/theultimatememonth7202154833531838467/theater/>

July 1 and August 1. Measure your start and end points – Weight, sleep, steps, heart rate, booze bank savings.

Please send me any feedback or improvements to the Me-Month guide.

It would be great to hear how you are tracking and how your month is going.