

The Cutback Journal

Cut back without quitting to reset your tolerance.

Let's
Budvocate

How to use this journal

1

Plan

Decide your intention before you start.

2

Track

Log how much you consumed and how it made you feel.

3

Check in

Reflect on your progress and how you feel.

This isn't about perfection, its about progress and awareness.

Set your intentions/goals

Before you get started, have a think about why you're doing this and what you want to achieve by the end of the next 14 days. Writing it down will help you stay motivated and remind you of why you started this journey.

Examples:

My why

Why do I want to cut back?
E.g. Lower tolerance, feel in control, save money

My goal for these 14 days

Be realistic: less, not none (Unless that's your goal).
E.g. "Reduce from 8 joints a day to 5"
or "Save \$50 in 2 weeks".

How I want to feel

Pick words that inspire you.
E.g. Self aware, in control, aligned etc.

What I'll do if I go off track

Plan ahead: E.g. "If I down cut down one day and go over the next, I'll track it anyways and get back on track tomorrow". No shame just keep going.

Tip:

Write whatever comes to mind or feels right for you.

Set your intentions/goals

My why

My goal for these 14 days

How I want to feel

What I'll do if I go off track

Plan Daily goal	Track How much did I consume?	Check in Mood/ Energy/ Notes
Day 1 Example: "Today I want to cut down from 7 joints to 6 joints"	Example: "Today I smoked 6 joints" or 1	Example: "I felt like I had more energy but I definitely craved that extra joint"

[illegible]

[illegible]

Final Reflection

How much less did I consume compared to before?

How do I feel compared to day 1?

One thing I want to keep doing from now on

Final reflections/ Note to self

Congratulations!

You have completed the 14 day Cutback Journal! A lot of people think about making change but you've taken the initiative to actually do it!

This means you've:

✓ Taken real steps to cut back
(Without quitting)

✓ Started resetting your
tolerance

✓ Gained more control

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