

Cutback Intentions

Cut back without quitting to reset your tolerance

Set your intentions

Before you get started, take a moment to think about why you want to cut back and what you want to get out of the next 14 days. This isn't about being strict or getting it perfect. It's about being honest with yourself and setting a direction you can return to. Writing this down gives you something to come back to when motivation dips or habits kick in.

Your why

Why do you want to cut back right now?

This might be about:

Lowering tolerance, feeling in more control or saving money.

There's no right or wrong reason, just what matters to you.

My why:

How you want to feel

how do you want to feel once you reach your goals.

You might choose words like:

More self aware, in control or aligned.

How I want to feel:

Cutback Intentions

Cut back without quitting to reset your tolerance

Your intention for this period

What are you aiming for over the next 14 days? Be realistic. Less, not none (unless that's your goal). This might look like: "Consuming less than usual", "Reducing how much I consume" or "being more intentional about when and why I consume".

What if you go off track?

If things don't go exactly to plan, what will you do instead of giving up? Going off track doesn't mean failing. Planning ahead can make it easier to reset without self judgement. Examples: "I'll be aware of why I went off track", "I'll reset and keep going", "I'll revisit my intention rather than stopping all together".

What if I go off track?

Reminder

This isn't about perfection.
It's about progress, awareness, and choice.