

REBUILD WITH RHETT

# Still Here

*A free 7-day sample. 365 days sober, wherever you're starting from.*

WRITTEN BY RHETT / 5+ YEARS SOBER

WELCOME

# A note before you begin.

I don't know you, but I think I might know some of what you're carrying right now.

I'm Rhett. I've been sober 5+ years. Maybe today is your first day. Maybe you've got years behind you and staying sober is its own kind of work that never fully ends. Either way — you're in the right place. This journal doesn't care what your number is.

The full journal is a year: twelve months, one page a day, each with a quote and a question. It's built as a calendar, not a countdown — start on today's date, skip what doesn't fit, come back when you miss a day.

What follows is the first seven days, free. If it does something for you, the whole year is waiting.

*Here is the only thing I'd ask: try not to lie to yourself in these pages. Lying to ourselves is how we ended up here.*

— Rhett, 5+ years sober



*Three DUIs. Multiple wrecks. The last one — the totaled Jeep — was the day the switch flipped.*

BEFORE YOU START

# How to use this journal.

## **ONE PAGE A DAY.**

The page is the day. Start on today's date and go from there.

## **READ THE QUOTE.**

Sit with it for a beat before you move to the question.

## **WRITE IN YOUR OWN NOTEBOOK.**

Your writing belongs somewhere private. Pick one place and stay with it.

## **MISSED DAYS AREN'T FAILURES.**

Days you come back are wins. Keep coming back.

## **MOVE YOUR BODY ONCE A WEEK, MINIMUM.**

Some days are marked MOVEMENT. On those days, the work is physical. Even ten minutes.

## **THIS IS NOT THERAPY.**

If you need a meeting, sponsor, doctor, or hotline, please reach for them. The next page has numbers.

FOR THE HARD MOMENTS

# When today is too much.

*Flip here when you need it. You are not failing. You are surviving.*

## **TRY THIS FIRST / THE 5-4-3-2-1**

5 things you can see. 4 things you can touch. 3 things you can hear. 2 things you can smell. 1 thing you can taste. Slowly. Out loud if you can.

## **IF YOU NEED A HUMAN, RIGHT NOW**

SAMHSA National Helpline — 1-800-662-4357 (free, confidential, 24/7)

988 Suicide & Crisis Lifeline — call or text 988

Crisis Text Line — text HOME to 741741

*The craving will pass. You will not always feel this way.*

REBUILD WITH RHETT

# WEEK ONE

---

FOUNDATIONS

*This is the ground a sober life stands on — the reasons, the rules, and the small daily non-negotiables. If you're new, you're laying these for the first time. If you've got years, this is where you check the foundation is still solid.*

## DAY 1

### FOUNDATIONS

*“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”*

— Anaïs Nin

---

### REFLECT

Why did you choose sobriety — and why do you choose it again today? Whether this is Day 1 or year six, name what's underneath the decision. There is no wrong answer.

**DAY 2**

**FOUNDATIONS**

*“The only way out is through.”*

— Robert Frost

---

**REFLECT**

What does 'just getting through today' look like for you? Be specific — meals, places to avoid, who to call, what time to be asleep.

**DAY 3**

**FOUNDATIONS**

*“Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”*

— The Serenity Prayer

---

**REFLECT**

Name one thing you cannot change today. Name one thing you can. Don't try to do both.

DAY 4

FOUNDATIONS

*“This too shall pass.”*

— Persian proverb

---

**REFLECT**

Name three feelings sitting in you right now. Don't fix them. Don't argue with them. Just say their names.

DAY 5

FOUNDATIONS

MOVEMENT

*“The body keeps the score.”*

— Bessel van der Kolk

---

**REFLECT**

Movement day. Walk ten minutes, stretch on the floor, carry something heavy — anything honest. Afterward, write one line about how your body felt before and after.

**DAY 6**

**FOUNDATIONS**

*“You do not rise to the level of your goals. You fall to the level of your systems.”*

— James Clear

---

**REFLECT**

What is one small daily thing that keeps you sober — a routine, a ritual, a hard rule? Write it down. If you don't have one yet, decide on it now.

## DAY 7

### FOUNDATIONS

*“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”*

— Will Durant, on Aristotle

---

#### REFLECT

Look back at your first week. What is one thing you did that the old you wouldn't have? Name it. That's the foundation. Build on it.

THAT'S WEEK ONE

# The year is waiting.

That's the first seven days of Still Here. If these pages did something for you, there are 358 more — a full calendar year, twelve monthly themes, real entries from my own notebook, and a hard-moments toolkit.

**Get the full journal at [rebuildwithrhett.com](https://rebuildwithrhett.com).**

Whatever you do next: keep going. You're still here. That's the whole thing.

— *Rhett*

