

How to Become More Self-Aware About You & Booze

One of the most effective ways to challenge what you believe about booze is to test out what we're saying and see if it lines up with your actual experience.

Use what's below to start paying more attention to how booze affects some key areas of your life.

Sleep

2-3 drinks can decrease your sleep quality by almost 40%. A binge can knock your circadian rhythm off for multiple nights. Even just one drink too late in the day can screw up your sleep cycles.

SELF-ASSESSMENT TIPS:

- Notice how you feel when you first wake up after a night with alcohol. How is your energy, stomach, and outlook on the day?
- Experiment with not drinking after 7pm and see how it affects how rested you feel and your energy levels the next day.
- To really see alcohol's effect on your sleep, get an Oura Ring or other wearable with a good sleep tracker. The numbers won't lie.

Diet

Alcohol makes you want to eat junk food...and often has lots of added sugar itself. It also harms your ability to digest and absorb nutrients by scorching gut bacteria and creating a temporarily leaky gut.

SELF-ASSESSMENT TIPS:

- Notice how a big night out with buddies will affect your food choices that night...and the days following the event.
- Pay attention to sugar cravings during the week after a few drinks on the weekend. (We've found that even 2-5 drinks on the weekend can create an elevated desire for sugar into Wednesday or Thursday.)
- Start questioning if any indigestion you have corresponds with your drinking...and any related poor food choices.

Stress

Even just a few drinks a week will change your brain and overall physiology. Your new normal becomes a diminished ability to plan, increased impulsiveness, a lower mood, and more of the stress hormone cortisol pumping through your veins.

SELF-ASSESSMENT TIPS:

- Start questioning if the amount of stress you feel might be alcohol-induced.
- When you feel the pull to crack one open at the end of a long day, say 'no' and see how it goes. Do something else to relieve the stress.
- To be real, this one is a little harder to experiment with because it takes 2-6 months without drinking for your body's factory settings to normalize.

Productivity

A frazzled brain, poor sleep, low energy, a crappy diet, and stomach problems all work together to torpedo your ability to get things done.

SELF-ASSESSMENT TIPS:

- Pay attention to your energy levels and productivity in the day or two after a big night out with friends.
- Some people blame their lack of productivity on being overwhelmed or not having enough hours in the day...when actually it's their drinking.
- Start pondering this question: "How much more could I get done if I didn't regularly consume a depressant?"

Fitness

Alcohol is highly inflammatory for your body. It also lowers testosterone and increases the body's ability to convert muscle to fat. With more weight gain and some nagging aches and pains, you're likely to be watching a lot more sports than playing them.

SELF-ASSESSMENT TIPS:

- Are you missing workouts? And when you go, how is your strength and performance?
- Evaluate how motivated you are to make it to the gym and crush it on the days following a big night out.
- Notice if nagging aches and pains increase and decrease with your drinking levels.

PRO TIP:

One of the best ways to experiment with this is to take a series of micro-breaks from drinking. Skip a night you'd usually drink. Take 3-5 days off here and there. Taper back how often and how much you drink to see if there are positive changes in these key areas of your life.

It's mission-critical to get smarter with your drinking.

It starts with self-awareness.
It increases with practical to-dos.

Get more of both when you take a Quick Win Challenge.

When you take a Challenge you'll:

- Focus on one thing, one week at a time
- Skyrocket your self-awareness
- Learn practical skills to get smarter
- with your drinking long-term
- Have some fun trying something new

Ready to find the Challenge that's right for you?

Don't kick the beer can down the road.

Get smarter with your drinking—starting today!

I'm Ready For A Quick Win Challenge!