

Dry January 2027: *one small prompt a day.*

Friday 1 to Sunday 31 January 2027. A calendar for the fridge and one small thing to try each day, taken from our free 30 Quiet Days programme. Tick the box when you have tried it. Nothing to buy.

Photo: Chris Lawton, CC0, via Wikimedia Commons (illustrative)

My reason for January, in one sentence

HOW TO USE IT

1. **Stick page 1 on the fridge** and keep pages 2 to 4 by the kettle.
2. **Each morning, read the day's prompt.** It takes a few minutes, not an hour.
3. **Tick the box when you have tried it.** Missed a day? Pick up the next one. No streaks and no guilt.
4. **Want more on a day?** Each prompt has one article to read on thequietmonth.com.
5. **Doing January with someone?** Print two and compare notes on Sundays.

January 2027

Tick = I tried today's prompt

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Clear the decks ☐	2 The eye-level shelf ☐	3 A walk with nothing in your ears ☐
4 Open the hard one ☐	5 What you're really after at 6 pm ☐	6 Five minutes of daylight ☐	7 One week, one keeper ☐	8 Friday night, redesigned ☐	9 Your one-line answer ☐	10 One meal, sitting down, no screen ☐
11 The phone sleeps elsewhere ☐	12 Five minutes of counting breaths ☐	13 Build your 9 pm ☐	14 What's steadier ☐	15 The clever little voice ☐	16 Call, don't text ☐	17 A long walk with a quiet person ☐
18 The quiet money jar ☐	19 Busy hands, quiet head ☐	20 One thank-you you never sent ☐	21 Who came with you ☐	22 Your "if this, then that" plan ☐	23 The Saturday morning you get back ☐	24 Ten minutes on the floor ☐
25 Clear one drawer ☐	26 A letter to 1 February ☐	27 Your rule for February ☐	28 Four weeks, three keepers ☐	29 One hour of nothing ☐	30 A small ceremony ☐	31 What comes next ☐

☐ Weekend (Fri to Sun) ☐ Look-back day: add one keeper to your fridge list

Counting dry days too? The free tracker: thequietmonth.com/dry-january-2027

Days 1 to 11

Week 1 is Clear: make a little space. Week 2 is Steady: weekends and evenings.

1 FRI JAN	Clear the decks The first 30 minutes of the day without your phone. Read: thequietmonth.com/journal/how-to-stop-doomscrolling	☐
2 SAT JAN	The eye-level shelf Rearrange one shelf so the drink you want is the first thing you see. Read: thequietmonth.com/journal/what-to-drink-instead-of-alcohol	☐
3 SUN JAN	A walk with nothing in your ears A 20-minute walk without headphones. Read: thequietmonth.com/journal/what-is-slow-living	☐
4 MON JAN	Day 4 is often the hard one Tonight, write down three things that went well today. Read: thequietmonth.com/journal/what-happens-when-you-stop-drinking-for-a-month	☐
5 TUE JAN	What you're really after at 6 pm Each time you reach for something today, name what you were really after. Read: thequietmonth.com/journal/what-to-do-instead-of-drinking	☐
6 WED JAN	Five minutes of daylight Spend 5 minutes outside in daylight this morning, even if it's cloudy. Read: thequietmonth.com/journal/sleep-without-alcohol	☐
7 THU JAN	One week, one keeper Write down the one thing from week 1 you want to keep. Read: thequietmonth.com/journal/dry-january-2027-plan	☐
8 FRI JAN	Friday night, redesigned Plan your Friday evening in three parts: a start, a middle, an early end. Read: thequietmonth.com/journal/not-drinking-when-friends-drink	☐
9 SAT JAN	Your one-line answer Choose your one-line answer and say it out loud once. Read: thequietmonth.com/journal/how-to-tell-people-youre-not-drinking	☐
10 SUN JAN	One meal, sitting down, no screen Eat one meal today sitting down, with no screen. Read: thequietmonth.com/journal/low-carb-breakfast-ideas	☐
11 MON JAN	The phone sleeps elsewhere Charge your phone outside the bedroom tonight. Read: thequietmonth.com/journal/digital-break-month	☐

FREE COMPANY IN JANUARY

Want the whole note each morning? 30 Quiet Days.

Our free January programme, 1 to 31 January 2027: one short email a day with these same prompts, and an optional daily check-in with Rowan, our AI assistant. You don't have to be sober to join.

thequietmonth.com/30-quiet-days

Save your free place there. Questions? Email info@thequietmonth.com

Days 12 to 21

Still Steady, then week 3, Open: the people around you.

12 TUE JAN	Five minutes of counting breaths Five minutes of breath counting, once today. Read: thequietmonth.com/journal/meditation-styles-for-beginners	☐
13 WED JAN	Build your 9 pm Choose three steps for tonight's wind-down and do them in order. Read: thequietmonth.com/journal/sleep-without-alcohol	☐
14 THU JAN	Two weeks, and what's steadier Add a second keeper to your list on the fridge. Read: thequietmonth.com/journal/dry-january-at-work	☐
15 FRI JAN	Halfway, and the clever little voice Write your reason for January on a card and keep it in your wallet. Read: thequietmonth.com/journal/damp-january	☐
16 SAT JAN	Call, don't text Phone (or video call) one person you've been meaning to talk to. Read: thequietmonth.com/journal/how-to-find-sober-friends	☐
17 SUN JAN	A long walk with a quiet person Take a long walk (45 minutes or more) with someone who makes life feel calmer. Read: thequietmonth.com/journal/dry-january-when-your-partner-drinks	☐
18 MON JAN	The quiet money jar Estimate what you haven't spent on drinks this month and give that money a purpose. Read: thequietmonth.com/journal/wellbeing-budget-month-away	☐
19 TUE JAN	Busy hands, quiet head Spend 20 minutes on something you do with your hands, no screen. Read: thequietmonth.com/journal/what-to-do-instead-of-drinking	☐
20 WED JAN	One thank-you you never sent Send one specific thank-you to someone who doesn't expect it. Read: thequietmonth.com/journal/new-year-fresh-start	☐
21 THU JAN	Three weeks, and who came with you Add a third keeper to your fridge list. Read: thequietmonth.com/journal/dry-january-away-or-at-home	☐

RATHER NOT DO JANUARY ALONE? Spend it somewhere quiet.

The Quiet Month: up to four guests, 21 or over, US\$10,000 for the month (you book your own flat). Step 1 of the application is four quick answers, about a minute. Nothing is paid before a free video call and a signed agreement.

info@thequietmonth.com

Email first, or apply: thequietmonth.com/apply. A free 20-minute call comes before anything else.

Days 22 to 31

Week 4 is Keep: make the good bits last into February.

22 FRI JAN	Your "if this, then that" plan Write three "if... then..." plans for the moments most likely to wobble you. Read: thequietmonth.com/journal/how-to-plan-a-month-off-alcohol	☐
23 SAT JAN	The Saturday morning you get back Do one thing before 10 am this Saturday that you'd usually never get to. Read: thequietmonth.com/journal/morning-routine-while-travelling	☐
24 SUN JAN	Ten minutes on the floor Ten minutes: five of gentle stretching, five of a slow body scan. Read: thequietmonth.com/journal/meditation-styles-for-beginners	☐
25 MON JAN	Clear one drawer Clear one drawer, shelf or bag: keep, give away, bin. Read: thequietmonth.com/journal/what-is-slow-living	☐
26 TUE JAN	A letter to 1 February Write a short letter to yourself, to open on 1 February. Read: thequietmonth.com/journal/new-year-fresh-start	☐
27 WED JAN	Your rule for February Decide your rule for February, write it down, and tell one person. Read: thequietmonth.com/journal/after-sober-october	☐
28 THU JAN	Four weeks, three keepers Choose your final three keepers for February and beyond. Read: thequietmonth.com/journal/dry-january-2027-plan	☐
29 FRI JAN	One hour of nothing One hour today with no input: no screens, no audio, no reading. Read: thequietmonth.com/journal/switch-off-from-work-on-holiday	☐
30 SAT JAN	The last quiet day (and a small ceremony) Mark the end with a small ceremony of your own choosing. Read: thequietmonth.com/journal/sober-birthday-ideas	☐
31 SUN JAN	Thank you, and what comes next Open your fridge list, read your three keepers, and pick a day next week to check in with yourself. Read: thequietmonth.com/journal/what-happens-when-you-stop-drinking-for-a-month	☐

THE NEXT STEP

Write to Sami first.

The Quiet Month starts on 1 January 2027: simple shared meals, daily movement, short meditations and long conversations, for up to four guests. A free 20-minute video call first. Applying costs nothing and commits you to nothing.

info@thequietmonth.com

Subject: "Dry January 2027". A reply within 48 hours.
More: thequietmonth.com/january-2027

Safety first. If you drink heavily or every day, or feel shaky, sweaty or unwell when you go without a drink, **see a doctor before you stop**. Stopping suddenly can be dangerous. If you keep slipping, or can't stop when you want to, talk to your doctor. In a crisis, call your local emergency number, or find a free helpline at findahelpline.com.

Not a medical service. These are everyday lifestyle ideas, not medical advice. The Quiet Month is a healthy-living month for adults 21 and over: not therapy, and not medical or psychological treatment. Keep your own doctor.

Dry January is a registered trademark of Alcohol Change UK. This planner and The Quiet Month are not linked to the charity; its free Try Dry app is worth a download. Sami Adham is a professional name. Photo: Chris Lawton, CC0, via Wikimedia Commons (illustrative). **Licence: CC BY 4.0.** Print it, share it and adapt it, with this credit: "Dry January 2027 planner, The Quiet Month, thequietmonth.com/dry-january-2027-planner".