



## My 3 Tips to Recover From Drug Addiction

### 1. Find Out Your Why

Write down and find out why you want to get off drugs.

Dip deep and write down emotions.

How will it feel to be off drugs and why is it important you get off drugs?

And Why now?

When writing this down add loads of emotions, the more raw it is the more real it is to connect with.

### 2. Exercise

Go out for a run. Training will give you a healthy outlet and also put you in a strong mind frame. Exercise saved my life and it is something I do daily and something you should do as well. Go outside get fresh air and go for a run, hike, bike ride or go to the gym and lift weights.

The more you move the better you will feel and it's the best outlet, distraction to make you feel better mentally and physically.

Glenn Munso  
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### 3. **Stay Consistent Modafuka. YOU GOT THIS!**

Do this daily and remember it's not a race it's about being consistent and making this a lifestyle. Consistency is the key here so practice and respect yourself. Put yourself first and make this the best decision you have ever made because it is.

**YOU GOT THIS!**

If you would like to chat or find out more information on my Youth YOU Program go to [www.youthyouprogram.com](http://www.youthyouprogram.com) or call me on 0403546698 I want to help you see that this is worth everything you've got 😊

Regards  
**Glenn Munso**  
**Youth YOU Program**

