What a Week of Drinking Costs

> *"Nothing, Lucilius, is ours, except time."*
>
> Seneca, Letters 1 (tr. Gummere)

Think of a typical week, not your best or worst. Be honest about amounts. The aim is not to shame yourself, only to see clearly. The last section is the useful part: what you would rather do with it.

DAY	WHAT I USUALLY DRINK	COST	TIME SPENT DRINKING OR RECOVERING	MORNINGS AFTER
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week: £ _____ Month: £ _____ Year: £ _____ Hours a week: _____

What I would rather spend the money on

What I would rather do with the time

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