

Cannabis Coach Worksheet No. 4



In this worksheet you will write determine how much money you have been spending on marijuana and how you can put that money towards rewarding yourself for giving up smoking.

Work out how much you have been spending on marijuana per week, per month and per year. Make sure you include rizlas, tobacco and anything else you might buy on a weekly basis.

Weekly amount spent: £ _____ or \$ _____

Monthly amount spent: £ _____ or \$ _____

Yearly amount spent: £ _____ or \$ _____

Now for the fun part, what can you buy yourself as a reward for not smoking with this money that you are spending on cannabis? List 4 items that are equal to the value of 1 weeks worth of cannabis.

Note: It is a good idea to save 20% of the first 3 weeks worth of savings so that you can buy yourself a more expensive gift on the 4th week to celebrate your "30 day being clean" period!

Examples:

- ✚ Week 1 - A new DVD or video game / £40 (80% of weekly spend)
- ✚ Week 2 - A pair of trainers / £40 (80% of weekly spend)
- ✚ Week 3 - 4 books / £40 (80% of weekly spend)
- ✚ Week 4 - Hi-Fi System / £72 (160% of weekly spend)

Week 1 item:

Week 2 item:

Week 3 item:

Week 4 item: