

7 Day Gambling Reset (Free Starter Plan)

By Lewis Blake

This 7-day plan is designed to help you take immediate control, reduce gambling behaviour, and start rebuilding structure. This is your starting point. Keep it simple and take action daily.

How to Use This

• Follow each day step-by-step • Take action immediately • Don't overthink it • Focus on consistency

Day 1 – Decision

Write down what gambling has cost you (money, time, stress, relationships). Make a clear decision: 'I'm stopping today.'

Day 2 – Block Access

Activate gambling blocks with your bank. Remove saved cards and easy payment methods.

Day 3 – Self-Exclude

Register with GAMSTOP and/or self-exclude from local bookmakers.

Day 4 – Awareness

Write down when you usually gamble (time, emotion, situation). Identify your triggers.

Day 5 – Replace the Habit

When the urge hits, do something different immediately (walk, call someone, leave the environment).

Day 6 – Create Structure

Plan your day: morning, afternoon, evening. Keep your time occupied and structured.

Day 7 – Reflect & Reset

Look back on the week. What worked? What didn't? Commit to continuing.

Next Step

If this helped you, the full 30 Day Gamble-Free Reset gives you a complete structure to stay on track, handle urges long-term, and rebuild your life properly.