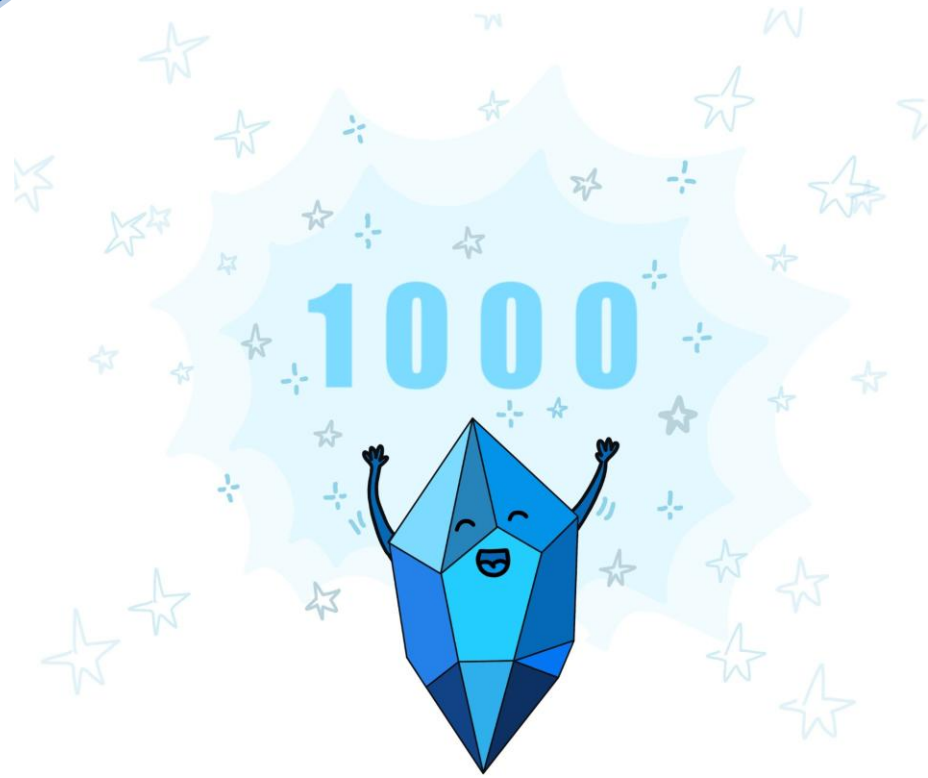
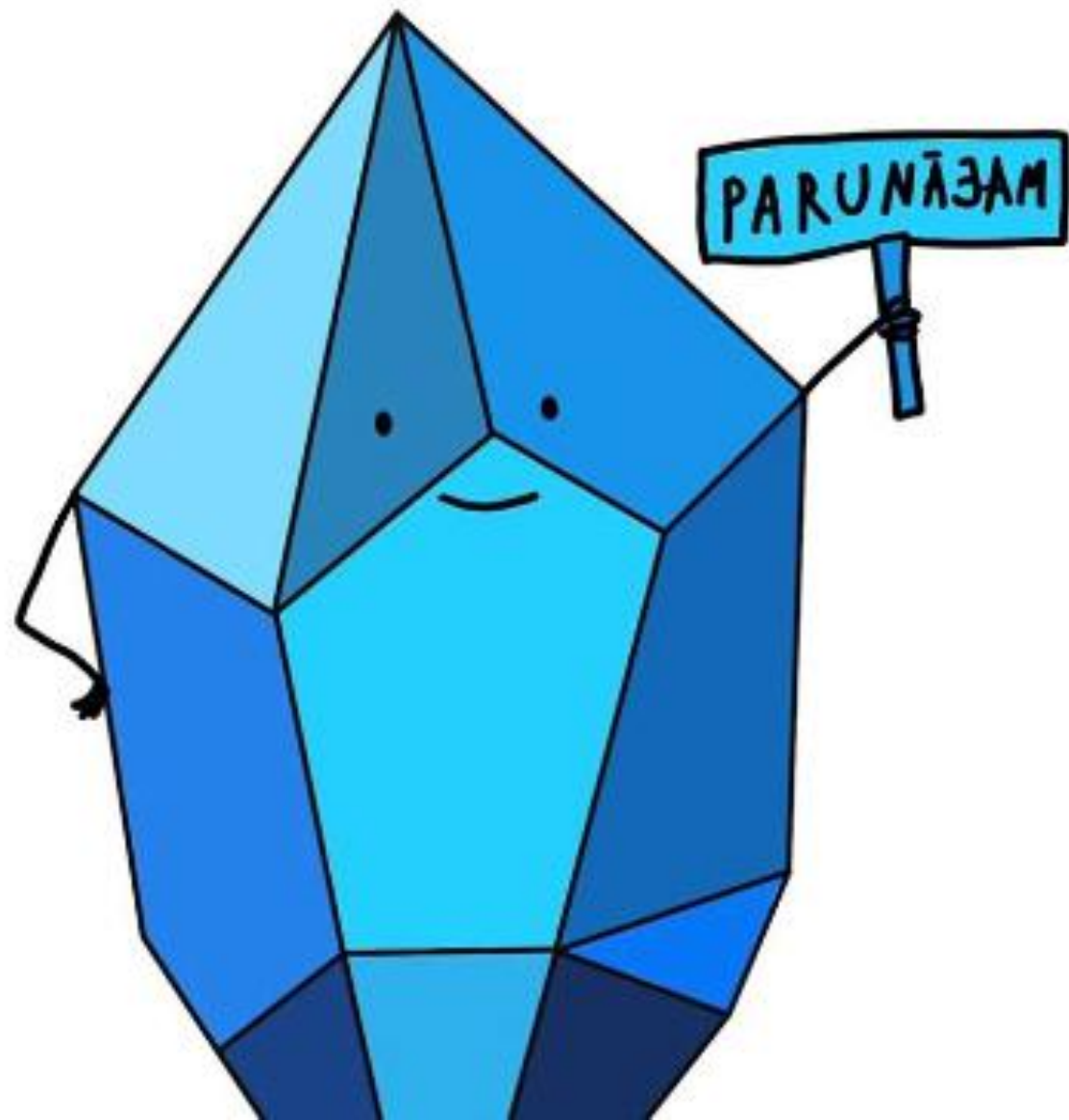


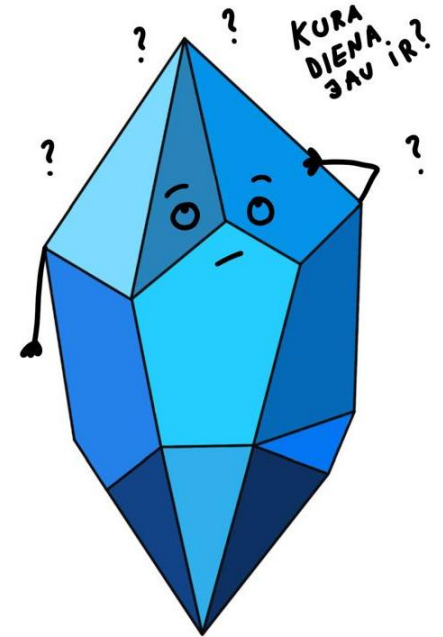


“1000 Days Sober” project by me (Agris Starts) is a social initiative where I committed to living alcohol-free for 1000 days, using my own personal journey to inspire others, raise awareness about alcohol’s impact, and normalize sobriety in society.



Projects

- **“1000 Days Sober”** is an educational and inspiring project, directed toward promoting society’s understanding of the impact of alcohol use and life without alcohol.
- **Project goal:** Inspire people to choose sobriety by offering practical tools and conversations with experts from various fields, along with personal experience stories.



Broadcast statistics

- **Broadcast Statistics**
- More than 80 broadcasts have been published.
- **Channel stats:**
- Total views: 23,268
- Followers: YouTube – 353, Twitter/X – 493, Threads – 450, Facebook – 228, Instagram – 652
- Total followers: 2 176



Interlocutors

- **Health care specialists (psychotherapists, doctors, physiotherapists):**

- Zane Kronberga, Sigita Hasnere, Evija Milo, Nikita Bezborodovs, Diāna Zande, Kārlis Pētersons, Natalija Bērza, Pēteris Urtāns, Oskars Grīslis, Velga Sudraba, Lilita Cauna, Inga Bitēna, Ilze Maxima, Jānis Strazdiņš

- **Abstain with the Star:**

Ansis Klintonsons, Ingars Vilums, Kaspars Blūms - Blūmanis, Viesturs Meikšāns, Miks Dukurs, Kārlis Bardelis, Kaspars Zemītis, Maris Žigats, Marija Naumova, Janis Šipkēvics.

- **Public health and science:**

- Elina Vroblevska, Laura Isajeva, Elena Zviedre, Marta Krivade

- **Clergy and spiritual life representatives:**

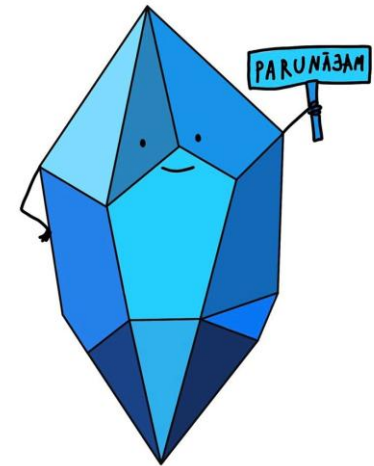
- Indulis Paičs, Kaspar Simanovičs, Ilmars Peteris Tolstovs.

- **Politicians:**

- Ieva Brante, Richard Kols

- **Others:**

Dāvis Vītols, Edijs Klaišis, Gatis Smidrovskis.



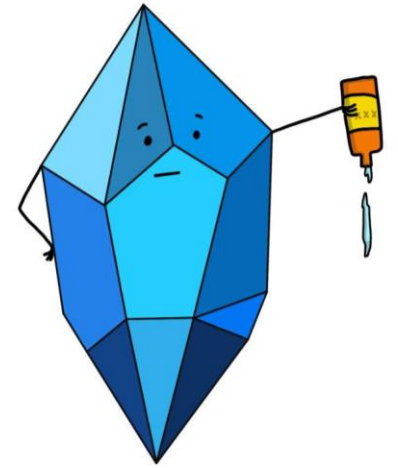
Main insights

- Fear deterred me; work and faith illuminated.
- Work ethic requires humility, though sometimes being humble is harder than doing the work.
- There are many people ready to help with the work, as well as those who will laugh at you. It is your choice whom to pay attention to.
- Even the smallest support for another person can result in grand positive consequences.



Main insights

- Not using alcohol is the easiest part; the difficulty begins in the process of staying sober.
- Life with a clear head is an invaluable gift, and at the same time I understand why I used alcohol before.
- As a child, I wanted to be a punk—go against the system! Now I am more punk than I could have ever imagined.
- I have reset relationships.
- Sobriety helped me understand my values and boundaries, grounded me, and showed me that I am not the determiner of all situations.
- Sobriety gave me time, health, and most importantly—the joy of being alive.



Main change

- Weight – -20 kg
- Posture – straighter
- Blood pressure – normal
- Sleep – improved
- Energy – increased by 200%
- Money – paid for higher education
- Happiness – complete



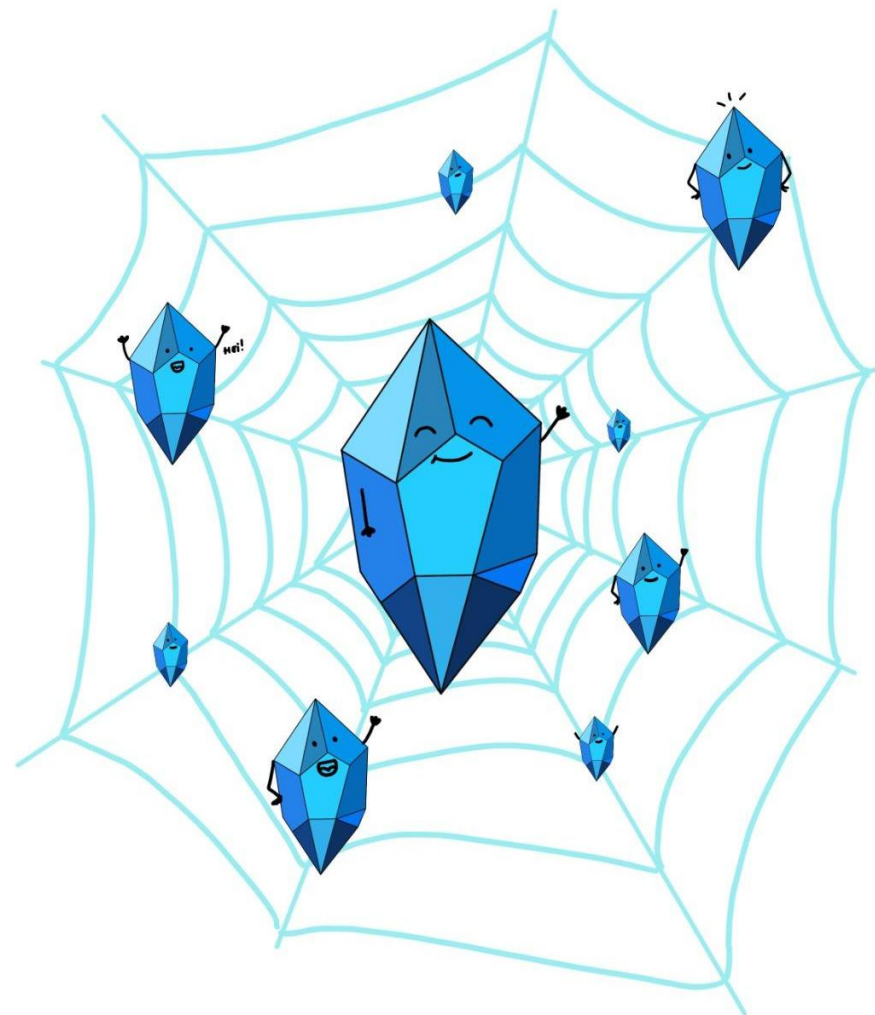
Main changes



Acknowledgements

NordAn
Botanical Garden,
DOMDARIS School, DOTS
FOUNDATION, Lampa
Festival, Latvian Institute
of Foreign Affairs, Latvian
Radio 1, LSM (Baiba
Runce).

Elēna Zviedre, Ansis
Klintsons, Elza Jarāne
(Elzuko), Elīna Brila, Linda
De Keyser, Anda Kīvīte
Urtāne



That's all,
friends!
Thank you!

