



THE SOBER *Curious* JOURNAL

Explore who you are
without the wine goggles

By: Keelie Louise



Welcome beautiful human

This isn't about quitting. It's about questioning, getting curious about your relationship with alcohol.

This journal is your space to reflect, reconnect, and get real about what alcohol is (and isn't) doing for you.

No pressure. No rules. Just curiosity, honesty, and a bit of sparkle.

Whether you're sober curious, alcohol-free, or somewhere in between, you're in the right place.

Let's find out who you really are when you're not dimming your own light.

xoxo,
Keelie Louise

hello@keelielouise.com.au

How to Use This Journal

- You can work through one prompt per day or binge it like your favourite Netflix series.
- Be brutally honest, no one's reading this but you.
- Come back to prompts whenever you need a reset or reminder.
- Bonus: a Cravings Tracker, Mood Map & Ritual Builder at the back.

WEEKLY STRUCTURE

Each week follows this rhythm:

- Monday - Reflection
- Tuesday - Awareness
- Wednesday - Triggers & Patterns
- Thursday - Identity & Vision
- Friday - Self-Love Practice
- Saturday - Celebration & Joy
- Sunday - Reset & Intention

Week One Prompts

Day 1: Why are you here?

What drew you to this journal? What are you hoping to understand or change?

Day 2: What does alcohol actually do for you?

List the beliefs you hold about alcohol. Which ones are true? Which ones are myths?

Day 3: When do you most want a drink?

Think about the time of day, day of the week, location, emotions, what's the pattern?

Day 4: Who are you without alcohol?

If booze disappeared tomorrow, what would you miss? What would you gain?

Day 5: What does self-love look like without wine?

How can you reward, soothe, or celebrate yourself in other ways?

Day 6: What brought you joy this week (that wasn't alcohol)?

Small wins, moments of clarity, connection. Write them down.

Day 7: How do you want to feel next week?

Pick 1-3 feelings and set intentions that align.

Continue this structure through Weeks 2-4

You'll get deeper into identity, emotional regulation, handling social events, rewriting limiting beliefs, building alcohol-free rituals, and visualising your glow-up self.



Sober CURIOUS

This journal belongs to

Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 1: Why are you here?

What drew you to this journal?

What are you hoping to understand or change?

TO-DO LIST

- ☐
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- ☐

I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 2: What does alcohol actually do for you?

List the beliefs you hold about alcohol.

Which ones are true? Which ones are myths?

TO-DO LIST

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I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 3: When do you most want a drink?

Think about the time of day, day of the week, location, emotions, what's the pattern?

TO-DO LIST

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I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 4: Who are you without alcohol?

If booze disappeared tomorrow, what would you miss? What would you gain?

TO-DO LIST

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I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 5: What does self-love look like without wine?

How can you reward, soothe, or celebrate yourself in other ways?

TO-DO LIST

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- ☐
- ☐

I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 6: What brought you joy this week (that wasn't alcohol)?

Small wins, moments of clarity, connection.
Write them down.

TO-DO LIST

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I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 7: How do you want to feel next week?

Pick 1-3 feelings and set intentions that align.

TO-DO LIST

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I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 1:

TO-DO LIST

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I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 2:

TO-DO LIST

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I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 3:

TO-DO LIST

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I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 4:

TO-DO LIST

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- ☐
- ☐

I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 5:

TO-DO LIST

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- ☐

I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 6:

TO-DO LIST

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I am Grateful for...

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Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

Day 7:

TO-DO LIST

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- ☐
- ☐
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I am Grateful for...

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Today's Mood



FINAL

Reflection

After 30 days of sober curiosity...

- What surprised you most?
- What do you want to keep doing?
- How do you feel about your future self now?

You don't need alcohol to feel free, sexy, powerful, or at peace. **That's *all you, babe.***

The text "Bonus Trackers" is written in a dark teal, cursive script. It is centered and surrounded by a sunburst effect made of many thin, yellow, dashed lines radiating outwards.

Bonus Trackers

[illegible]

Date :

MY MOOD TRACKER

Journal

My Feeling

About My Day

Self Reflection

Why I felt bad

What went well

What i'm grateful for :

Mental health

DAILY TRACKER

Date _____

Mo Tu We Th Fr Sa Su

How am I feeling this morning?

 Great
  Good
  Okay
  Not good
  Awful

Day to do list

☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____

Today I intend _____

Eye exercises

Cups of water

1 2 3

1 2 3 4 5 6 7

Evening to do list

☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____

How am I feeling this evening?

 Great
  Good
  Okay
  Not good
  Awful

Am I satisfied with this day?







I am grateful today for

What I like about myself today

What I managed to do today

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun
 proud strong active love passion freedom
 happiness optimism belief hope inspired
 courage interest amusement gratitude
 delight relaxed calm confident curious
 focused worthy thrilled self-respecting kind

7 Day Habit tracker



Keeping track of your habits can help you stay on track and achieve your goals. Fill out your top 12 goals and mark them off each day you successfully complete them.

WEEK OF:

HABIT / SELF-CARE STEP

S M T W T F S

01	☐	☐	☐	☐	☐	☐	☐
02	☐	☐	☐	☐	☐	☐	☐
03	☐	☐	☐	☐	☐	☐	☐
04	☐	☐	☐	☐	☐	☐	☐
05	☐	☐	☐	☐	☐	☐	☐
06	☐	☐	☐	☐	☐	☐	☐
07	☐	☐	☐	☐	☐	☐	☐
08	☐	☐	☐	☐	☐	☐	☐
09	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐	☐	☐

REFLECTION NOTES

Affirmation



I don't need alcohol to be free,
confident, or connected.

I am allowed to get curious, to
question old habits, and to choose
what feels right for me now.

I honour my truth without guilt,
without rules, just realness, growth,
and a little sparkle.



Hello! I am
KEELIE LOUISE

Want more FREE tools for your glow-up?

Dive into **The Mirror Ball Files**: your backstage pass to all things
bold, bright, and beautifully sober.

Let's stay connected:

Follow me on IG: **@thesoberhypegirl**

Join the waitlist

Sign up for my newsletter

Be the woman you promised yourself you'd become

www.keelielouise.com.au