

THE SOBER which is a solution of the solution

Explore who you are without the wine goggles



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.

Keelie Louise

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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



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.

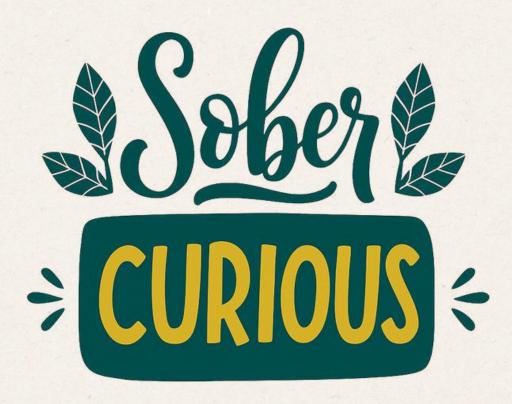
Day 7: How do you want to feel next week?

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.





This journal belongs to



Week:

Day 1: Why	y are you	here?
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What drew you to this journal?
What are you hoping to understand or change?

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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?

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Week:

Day 3: When do	you	most want a	drink?
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Think about the time of day, day of the week, location, emotions, what's the pattern?

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Week:

Day 4: Who are	you	without	alcol	hol?
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If booze disappeared tomorrow, what would you miss? What would you gain?

TO-DO LIST

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Week:

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

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



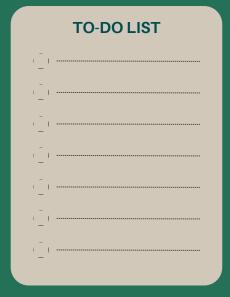
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Week:

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

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



I am Grateful for

Today's Mood

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Week:

Day 7: How do you want to feel next week?
Pick 1-3 feelings and set intentions that align.

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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.**





Date	Time	Trigger	Craving Level (1-10)	What I Did Instead	Result/Reflection

MY MOOD TRACKER My Feeling About My Day Self Reflection Why I felt bad What went well

What i'm grateful for:



Notes

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		My sleep last night was
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How am I feeling this morning?		Approx. hours
Great Good Chay	Not good Awful	Get up time
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?		Am I satisfied with this day?
Great Good Cookay	Not good Awful	
I am grateful today for	What I like ab	out myself today
6		
What I managed to do today	What I would	like to tell myself for tomorrow

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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



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:							
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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.



Want more FREE tools for your glow-up?

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

Let's stay connected:

Follow me on IG: <u>Other-ny-egirl</u>
<u>Sign-up-for-my-newsletter</u>

Be the woman you promised yourself you'd become