



BECOMING YOUR *Best Self*

**A journal for the woman who's
done with playing small.**

By: Keelie Louise



Welcome legend ,

This journal isn't about perfection, it's about alignment.

It's for the woman who's ready to wake up to her own potential, one intentional choice at a time. Whether you're in the middle of a glow-up, a breakdown, or just craving something more, this is your space to reflect, reset, and rise.

No fluff. No filters. Just you, showing up as the main character.

xoxo,
Keelie Louise

hello@keelielouise.com.au

How to Use This Journal

- Ideal as a 4-week reset or morning ritual.
 - Use the daily pages to connect with yourself, your habits, and your future.
 - Return to the reflection prompts when you feel stuck or off track.
 - There's no right way to "do" this, just keep going.
-

WEEKLY POWER PROMPTS

WEEK ONE: FOUNDATION

- Who am I becoming?
- What values do I want to live by?
- What boundaries do I need to honour?
- Where have I been holding back (and why)?

WEEK TWO: ENERGY

- What drains me?
- What lights me up?
- How can I protect my peace this week?
- What would the energised version of me do differently?

WEEK THREE: IDENTITY

- What limiting beliefs am I ready to rewrite?
- Who do I admire and what qualities do they embody?
- What does “thriving” mean to me now?
- If I trusted myself completely, I would...

WEEK FOUR: EXPANSION

- What’s one brave thing I can do this week?
- Where can I lean into growth over comfort?
- What am I calling in?
- How will I celebrate my evolution?



Sober CURIOUS

This journal belongs to

Dear Future Me...



THE SOBER HYPE GIRL

Week: 1

Who am I becoming?

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week: 1

What values do I want to live by?

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week: 1

What boundaries do I need to honour?

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week: 1

Where have I been holding back (and why)?

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Week:

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



FINAL *Note*

You don't need to do more. You just need to do you, more powerfully.

Remember: Your best self isn't out there, she's already inside you.

You're not becoming someone else.

You're finally returning to who you've always been.



Bonus Trackers

15 Days Challenge



Nidally Well

AFFIRMATION : I WILL FOLLOW THIS ROUTINE EVERYDAY FOR THE NEXT 15 DAYS AND
BECOME A BETTER VERSION OF MYSELF

DAY 1

Put your phone down. Stretch.
Say: "I get to be her today."

DAY 2

Do ONE thing today just
because it feels good

DAY 3

Clear your socials. If it drains
you, it goes.

DAY 4

Drink 2L water + add
something fancy (cucumber?
queen vibes?).

DAY 5

Say "no" once today. No guilt.
No overexplaining. Period.

DAY 6

Tell yourself 3 things you
adore about YOU. Out loud.

DAY 7

Dump every thought that's
cluttering your brain onto
paper. Rip it up.

DAY 8

Do one kind act for someone
and one for YOU.

DAY 9

Write down 3 bold things
you're calling in (even if they
scare you).

DAY 10

Turn off screens. Light a
candle. Breathe. Journal:
"What do I need to release?"

DAY 11

Message, post, wear or say
that one thing you've been
holding back.

DAY 12

Do one thing that makes you
feel magnetic: red lips, bold
playlist, strut.

DAY 13

Ask: "Who/what gives to me?
Who/what drains me?" Adjust
accordingly.

DAY 14

Close your eyes. Picture 6-
months-from-now YOU. How does
she feel? Dress? Speak?

DAY 15

Write down 5 things you've
done differently these 15
days. Toast yourself.

Mental health

DAILY TRACKER

Date _____

Mo Tu We Th Fr Sa Su

How am I feeling this morning?



Great



Good



Okay



Not good



Awful

My sleep last night was



Approx. hours _____

Get up time _____

Day to do list













Today I intend _____

Eye exercises

1

2

3

Cups of water

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

Today, I Intend To...

What I'm grateful for:

How I want to feel:

Something I'm letting go of:

Something I'm calling in:

Notes:

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 to play small to be loved.

I am already enough, already
powerful, already becoming her.

Every choice I make today is shaping
the future I deserve.”



Hello! I am
KEELIE LOUISE

Still feeling the fire?

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

Ready for real-time support? Let's work together 1:1

Be the woman you promised yourself you'd become

www.keelielouise.com.au