



THE GLOW-UP GUIDE TO GOING OUT *Sober*

Ditch the drinks, keep the vibe.

**Because you don't need booze to
have a banger of a night.**

By: Keelie Louise



Let's be real

The idea of going out without alcohol can feel a bit... intense. Especially when the social script is: "Drink to loosen up, drink to fit in, drink to have fun."

But here's the truth: the vibe comes from you.

This guide is here to help you head out with confidence, stay strong in your choice, and actually enjoy the experience — no hangover required.

Let's rewrite the party rules, shall we?

xoxo,
Keelie Louise

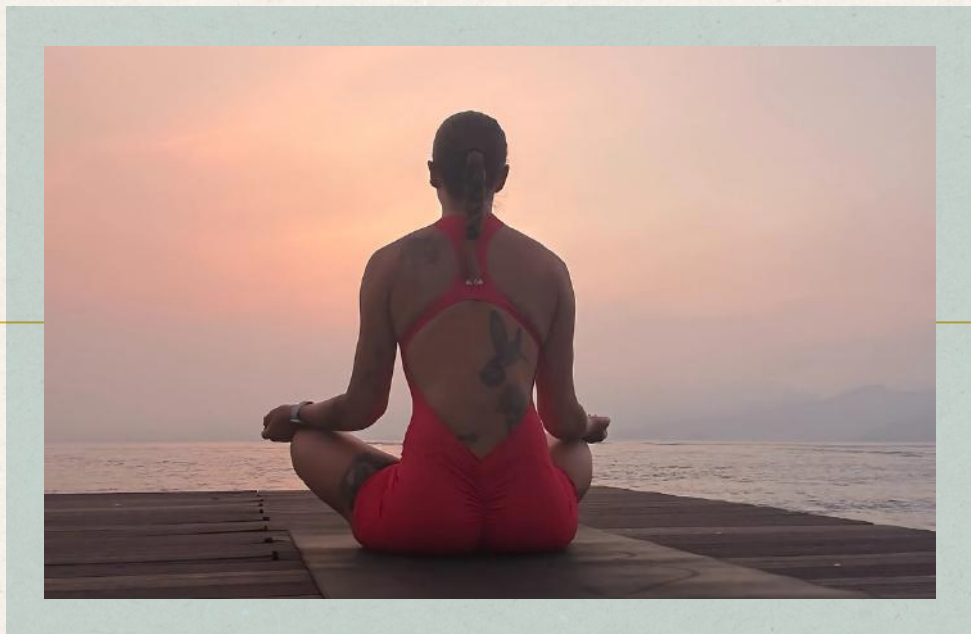
hello@keelielouise.com.au

Part 1

BEFORE YOU GO - PREP LIKE A SOBER QUEEN

Mindset Check-In

- Why are you choosing to go out sober tonight?
- What version of you are you showing up as?



Visualise the Win

Picture yourself laughing, dancing, owning the room, and leaving proud AF.
That energy? Lock it in.

Part 1

BEFORE YOU GO - PREP LIKE A SOBER QUEEN

Dress to Feel Good

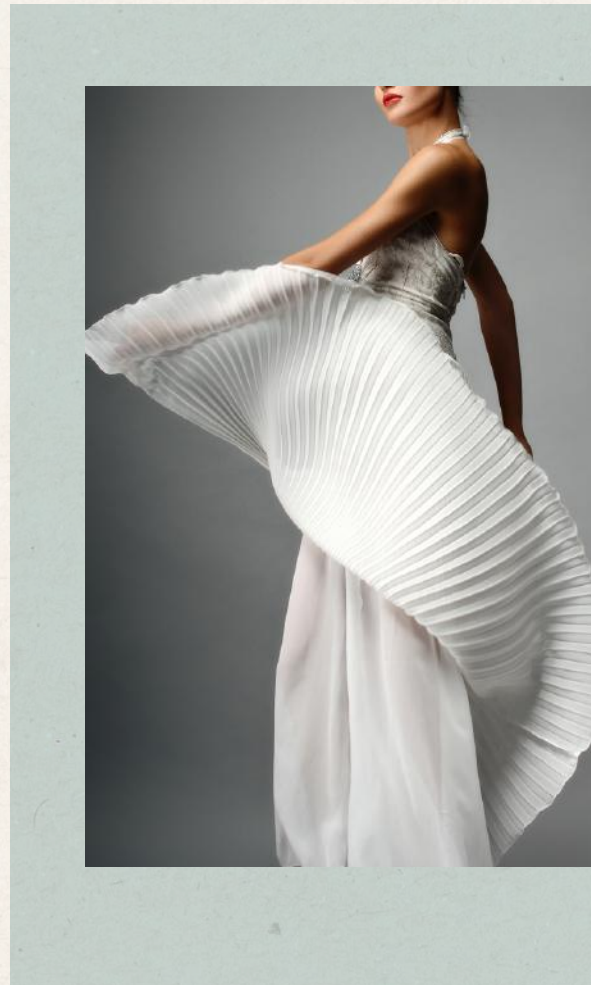
Confidence is your best accessory. Choose an outfit that screams, "I've arrived."

Prep Your Power Lines

Not sure what to say when people ask why you're not drinking?

Try:

- "I'm good with my sparkling water, thanks!"
- "I'm taking a break — and loving it."
- "I'm driving. And I actually want to remember tonight."
- Or... smile and say nothing at all 😊





Part 2

WHAT TO DRINK WHEN YOU'RE NOT DRINKING

Skip the Sugary Mocktails If They're Not Your Vibe

Go for:

- Soda + fresh lime
- Alcohol-free spirits with low-sugar mixers
- Coconut water + crushed ice
- Sparkling water in a wine glass (yes queen, it's about the vessel)

Make It Fancy

Garnish it. Chill it. Serve it like you're in a bougie rooftop bar.
You deserve a *vibe*.



Part 3

WHAT TO DO WHEN THE FOMO KICKS IN

Remember:

- You're not missing out, you're showing up.
- Everyone else will forget half the night. You'll remember the laughs, the convos, the confidence.

Quick Reset Tricks:

Go outside for fresh air.

Text a sober hype girl (or your actual bestie).

Remind yourself: this is a choice, not a punishment.

Part 4

KEEP THE ENERGY HIGH WITHOUT BOOZE



- **Dance** — it's literally a nervous system reset.
- **Be curious about people.** Ask deeper questions.
- Have your **escape plan** (aka Irish goodbye, no guilt).
- **Take pics, make memories** — and wake up proud.





thesoberhypegirl

Following

Message

+2

...

239 posts

2,530 followers

1,026 following

Keelie Louise

Health & wellness website

Your sober hype girl 🌟⚡

Helping powerhouse humans trade burnout for brilliance—1 badass breakthrough at a time... more

🔗 linktr.ee/thesoberhypegirl

Followed by regalriderental and drronperez

Part 5

SHARE YOUR POWER MOVES

- Post your sober glow-up selfie and tag [@thesoberhypegirl](https://www.instagram.com/thesoberhypegirl)
- Celebrate the night with a next-day win: brekkie, beach, Pilates, or a journaling sesh — your version of the reward



www.keelielouise.com.au

FINAL *Words*

You're not boring.

You're bold.

You're breaking the mould — and babes,
that's the vibe.

You don't need booze to be fun, sexy, confident
or connected. **You just need you.**

Affirmation

I don't need a drink to be
magnetic, bold, or
unforgettable.

The vibe is me—always has
been, always will be.



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



Sober CURIOUS

This journal belongs to

Real Talk Prompts for the Sober Curious YOU

What does “freedom” feel like to me in this season of life?

Who am I without the noise, the numbing, the pretending?

Real Talk Prompts for the Sober Curious YOU

What part of my identity felt tied to alcohol,
and what's possible without it?

What am I gaining in sobriety that I didn't expect?

Real Talk Prompts for the Sober Curious YOU

What does a good day feel like now,
and how is that different from before?

What version of me is starting to come alive,
and what does she need to thrive?

Real Talk Prompts for the Sober Curious

These prompts are here to open doors: with yourself, with others, or maybe even with the next version of you.

With Others (Connection + sober circles)

- What inspired you to explore life without alcohol?
- What was your biggest fear before starting your sober journey—and what actually happened?
- What do you do now for joy, connection, or stress relief?
- What's something you're proud of this week?
- How do you respond when someone says, "Just one drink won't hurt"?

To Start the Conversation (DMs, meetups, IG replies)

- What's something that lights you up lately?
- What's been surprisingly easy—or surprisingly hard—about going alcohol-free?
- Do you remember your last aha moment around alcohol?
- What's your favorite sober ritual or routine?
- What would you say to your past self on day one?

Keelie Note:

Use these in your journaling practice, drop them in a message to a sober friend, or reflect on them while walking your dog or sipping your morning coffee. It's not about getting it "right." It's about getting honest.

Now
is
Your
time

The text 'Now is Your time' is written in a dark teal, cursive script. The words are stacked vertically: 'Now' on the first line, 'is' on the second, 'Your' on the third, and 'time' on the fourth. Behind the text is a sunburst graphic composed of numerous thin, yellow lines radiating outwards from a central point behind the word 'is'.

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

Dear Future Me...



THE SOBER HYPE GIRL

Month:

Year:

Daily Note

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Month:

Year:

Daily Note

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Month:

Year:

Daily Note

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Month:

Year:

Daily Note

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood



Dear Future Me...



THE SOBER HYPE GIRL

Month:

Year:

Daily Note

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I am Grateful for...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Today's Mood

