



UNPEOPLE PLEASE *yourself*

**A journaling journey
back to the real you.**

By: Keelie Louise



Hey friend!

If you've spent most of your life trying to be what everyone else needed:
nice, easygoing, agreeable, low-maintenance, you're not alone.

You've likely mastered the art of smiling through discomfort, nodding when
you wanted to scream, and saying yes when your soul was begging for a no.

This guide is your permission slip to drop the mask.

To peel back the layers of people-pleasing, perfectionism, and performative
"I'm fine" energy and meet the YOU that's been there all along.



Inside, you'll find powerful, thought-provoking prompts designed to:

- Help you untangle where the people-pleasing patterns started
- Reconnect with your voice, values, and truth
- Build a life that actually feels like yours

Because you weren't born to blend in.

You were born to be bold, real, and wildly you.

Let's begin.

xoxo,
Keelie Louise

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Sober CURIOUS

This journal belongs to



Awareness

NOTICING THE MASKS

1. What parts of myself do I feel I hide from others? Why?
2. When was the first time I remember feeling I had to "be someone else" to be liked or accepted?
3. What does "being good" or "being liked" mean to me? Where did that belief come from?
4. Who do I feel the need to please the most right now? What do I fear will happen if I stop?
5. How does my body feel when I'm saying "yes" but I want to say "no"?

Dear Future Me...



THE SOBER HYPE GIRL

Week:

What parts of myself do I feel I hide from others? Why?

TO-DO LIST

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I am Grateful for...

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Today's Mood



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Discovery

GETTING TO KNOW THE REAL YOU

1. If no one was watching, what would I do with my time today?
2. What brings me joy that I've stopped doing or never given myself permission to explore?
3. What kind of environments make me feel safe, alive, and free?
4. Who in my life allows me to show up fully as myself? How do they make me feel?
5. If I could rewrite the "rules" I live by, what would they be?

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Expression

HONOURING HER TRUTH

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BONUS

Reflection

At the end of each week, ask:

"What did I learn about myself this week?"

"Where did I feel most like me?"

"Where did I still fall into people-pleasing? How can I show myself compassion in that moment?"



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	☐	☐	☐	☐	☐	☐	☐
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05	☐	☐	☐	☐	☐	☐	☐
06	☐	☐	☐	☐	☐	☐	☐
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08	☐	☐	☐	☐	☐	☐	☐
09	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐	☐	☐

REFLECTION NOTES

Affirmation

“I am safe to drop the mask. I
honour my voice, my values,
and my truth. I release the
need to please and embrace
the freedom of being fully,
wildly me.”



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