

Your sober weekend.

You don't need a big plan. Just something to look forward to.

Weekend of: _____

This weekend, I want to feel: _____

01 Pick something that sounds good.

Coffee + a walk / Thrift-store browse / Movie + takeout

Library wander / Make something / A slow morning at home

One thing I'm actually looking forward to:

02 Make a little plan.

FRIDAY

SATURDAY

SUNDAY

_____	_____	_____
_____	_____	_____

Keeping it doable: my budget, company, or time limit

03 Keep one sentence in your pocket.

"No thanks, I'm not drinking tonight."

That's enough. You get to decide how much more to share.

Someone I can text: _____

If I want to leave, I can: _____

04 A quick Sunday check-in.

What felt good? _____

What would I change next time? _____

One thing I'm giving myself credit for: _____

It doesn't have to look exciting to feel good.