



Sober Plan - First holiday

Alcohol free options in your destination country:

1.

2.

3.

Treat drink to take in your suitcase (a bottle of your favourite AF spirit works well):

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Self-care support (e.g. quit lit, access to your sober support network, meditation, exercise, alone time, treats):

1.

2.

3.

4.

5.



How will you support yourself through the first night?:

1.

2.

3.

What new experiences will you try?:

1.

2.

3.

What lovely things will you do in the mornings?:

1.

2.

3.

What will you do when other people start drinking?

1.

2.

3.



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Reflections

What was easier than you expected?

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What was harder than you expected?

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What was the best bit?

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What have you learned for next time?

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