



# *Sober Plan - First wedding*

*What will you drink?:*

1. ....

2. ....

*What will you wear to look fabulous?*

.....

.....

*Who will you message if you're struggling?:*

.....

*What will you say if anyone asks why you're not drinking?:*

1. ....

2. ....

*What is your escape plan if you need one?:*

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.....



*Who will you talk to?:*

1. ....

2. ....

3. ....

4. ....

*What will you do when you get home or back to the hotel?:*

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*What will you do when it's time for the toast?:*

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*What will you do tomorrow morning?:*

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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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