



SOBER
SISTAS

YOUR LAST DAY ONE



FIND YOUR LAST DAY ONE BY
UNDERSTANDING WHAT STOPS YOU FROM
GIVING UP AND LEARN HOW TO OVERCOME
YOUR FEARS.

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Welcome to Your Last Day One!

Hi lovely, lovely Sobersista and welcome to **Your Last Day One** which is designed to give you the inspiration and motivation you need to choose your last day one, and in the process, embark on what can be an absolutely amazing sober life.

I'm Jules Rutherford and I'm the founder of Sobersistas and I've been supporting women just like you since 2017.

My Story



I started drinking at the age of 13 on my way to the school disco. My childhood wasn't particularly happy and alcohol gave me the mental freedom and joy I had never experienced anywhere else. I spent the next 40 years chasing that feeling and never found it.

In 2017 after 6 years of traveling the world I hit one of the lowest points of my life. After 6 years of going off to 'find myself,' I was devastated to find that I was still the same miserable, overweight, daily drinker that I was when I left the UK in 2012.

On a particularly dark day, I looked in my journal and was mortified to discover that I had been writing about alcohol every day for months.

I stopped that day and when I was 21 days sober I knew I would never drink again.

I started Sobersistas because I couldn't find what I wanted online - a safe, kind and caring space where I could talk to other women like me about what I was experiencing as I embraced my sober life more every day.

Over time I realised that I was helping women more and more using my skills as a manager and teacher, my spiritual training in India and my long time love of anything related to personal development and self-improvement.

I have learned so much about our different approaches to sobriety but one thing is the same for all of us:

*We all want to be rid of this poison
that is destroying
our bodies and peace of mind.*

Alcohol makes us forget the best of who we are and who we can be. It drains us of energy, turns us into women we don't recognise and makes us believe all of the false, negative, self-talk and abuse we hurl at ourselves.

It's the start of your new life!

You're here because it's time for change.

Remember – you can't un-know you want to stop drinking so why not give up the fight with yourself and let yourself win?

In the time I have been talking to your fellow Sobersistas have lost count of the conversations we've had about Day One and what follows. There is often so much fear of what will happen when you give up. Fear of dealing with your anxiety without the ability to numb it, fear that your life will be boring without alcohol and fear that if you don't give up on the first try it must mean you're an alcoholic.

It's worth saying at this point that Sobersistas is not for alcoholics. If you consider yourself to be an alcoholic, of course, you are welcome in Sobersistas, and you may find this useful, but you may find that you need more specialist recovery services to support you.

Having supported thousands of women since 2017, I am here to reassure you that **you can do this**, and when you give up you will learn just how fulfilling life can be and how free you will feel.

*“No matter how hard the past, you can
always begin again.”*

Buddha

There are prompts throughout this book so if you have access to a printer, print it out and grab a pen. If you can't print it out, I've designed it so that you can type directly into the document.

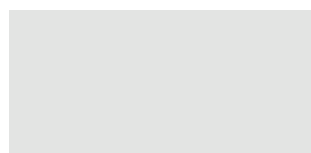
So relax, make a cup of tea, and dive in with an open heart for the answers that I know you already have within you. Life is about to get so much better my darling and I will be with you all the way.

Making the Decision

I did a poll in our Facebook group recently and asked women if they found it easy or difficult to give up alcohol. It might surprise you to learn that **over 60%** of women said they found it easy. However, many of them commented that the most challenging part is actually making the decision, and this is probably the most difficult aspect of giving up.

When you are ready to stop you'll feel it in your heart and soul and when that day comes everything that follows will be so much easier than you think it will be.

On a scale of 1 to 10, where 1 is not sure at all and 10 is absolutely 100% sure, how certain do you feel that you're ready to make the decision to give up alcohol?



Your Big Why

It helps enormously if you can get clear about **why** you want to give up.

It's possible that your hangovers are becoming too much or it's causing problems in your relationships or you're just sick and tired of feeling sick and tired.

It may be that there are some deeper, more traumatic reasons why you know that it is now time to give up and whilst I know this can feel a little scary, I also know that your sobriety will give you all the strength you need to deal with anything. Whatever your reasons are, the fact that you are here reading this means you're already making progress so **well done!**

Giving Up For You

If you are trying to give up because you feel you 'should' or you feel that someone is putting pressure on you, even quite gently, then in my experience, it's likely that you are going to struggle. Giving up for someone other than yourself and your own well-being might work in the short term but is unlikely to stick. Your own internal motivation is so much more powerful.

Being clear about what your motivation is for taking a close look at your relationship with alcohol will be enormously helpful as you progress on your journey.

For Your Children

One thing I will say to you if you are a mother is that if you want to give up for your children then, as a mother myself, I genuinely believe this is a perfect reason to stop.

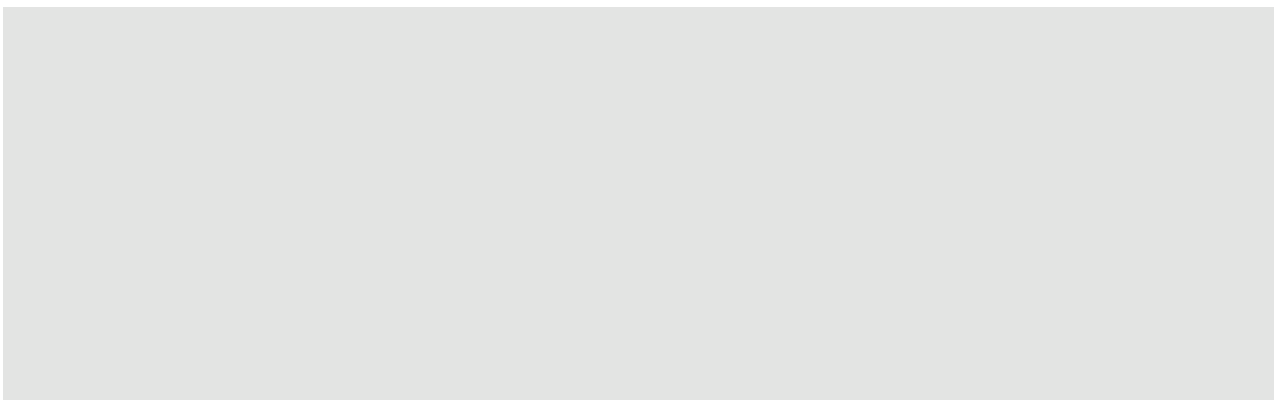
I have seen Sobersistas share stories where their 6-year-olds have asked '*do you need some Mummy juice?*' and where teenagers have expressed their utter contempt (in the devastating way they can!) because they are watching their mothers put their shoes on to go the shop for 'milk and bread.'

Our role in the world as mothers has never been more important. I truly believe that if you need some motivation to give up then, giving up for your children will inspire you and you will be amazed at how much your relationships will improve.

Your Big Why

Why do you want to give up? What's your **BIG WHY?** Be honest with yourself.

Try framing your Big Why in positive terms – start your sentences with '*I want...*' rather than '*I don't want...*' or '*I hate...*'. Don't overthink it.



How did it feel to put that in writing? Were you surprised?

Whatever your reason or reasons, I want you to think about your life as a whole and how alcohol is affecting it. If you're anything like I was, you are living a half-life full of hangovers, shame, guilt and misery.

Alcohol has a horrible way of keeping us going around the same hamster wheel of life and it can keep our lives very small and unfulfilling. Have you ever wondered what the whole of your life would be like if you were sober?

The next couple of questions that I'm going to pose might seem a bit too big and overwhelming to consider right now but I really want you to dig deep and think about them because I truly believe that answering these questions can be the key to unlocking your motivation to give up for good.

Is this the life you came here to live?



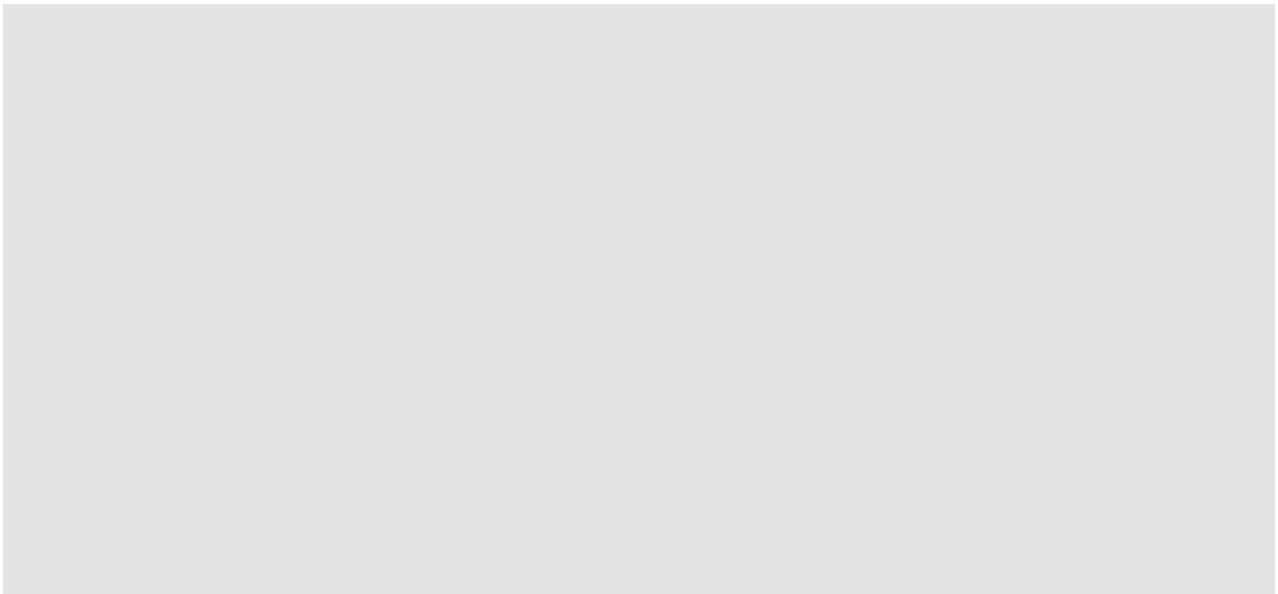
Is this the legacy you want to leave behind?

I totally believe that we all have something truly significant to contribute to those we love and the world at large. I know from seeing other Sobersistas become marathon runners and those who started studying again that there is something in each and every one of us that deserves to be seen in the world.

Drinking alcohol is just a waste of your precious life.

Your Life

I know you have talents and potential, that you've probably never told anyone about, that you would love to spend your time on. What is in you that wants to be released, to be seen by those you love? Answer this prompt by imagining there are no limits to your life: **The life I came here to live** (again keep it positive terms)



Which Path?

When you are considering sobriety there are two possible paths that you can take on your journey. You can decide to take a temporary break from alcohol or you can choose to give up permanently.

Temporary Sobriety

Taking a temporary break from alcohol means you choose to stay sober for a specific period of time to give your body a break and a bit of a reset.

Many women choose 30, 60 or 90 days to stay sober to see how they feel. Some choose one year to prove to themselves that they can do it and to see what their life is like with the aim of making a decision about what to do next. I've seen many women who have chosen to stay sober for a specific amount of time like 30 days or 90 days who are doing so in order to get some control over the drinking and to moderate successfully once that period of sobriety is over.

In my experience, it takes a little longer than 90 days to achieve successful moderation. It's important to get to the point where you just don't care about alcohol - where alcohol is as important to you as beef would be to a vegetarian or dairy would be to a vegan. When alcohol has no hold over you and you don't care about it one way or the other, it's much easier to moderate.

The difficulty with moderation is that you are in constant negotiation with yourself, counting how many units you've had in a week, saving them up for an event at the weekend and making sure you don't lose count.

I've lost count of the number of women who have given up for between three and six months, waved goodbye saying that they will now go and moderate, and have ended up drinking more than they did before they started their sobriety challenge.

"I've learned that whenever I decide something with an open heart, I usually make the right decision."

Maya Angelou

tip:

If this is your intention then I would recommend that you don't set a specific number of days you want to stay sober, you can just have the goal of stopping your sobriety when you achieve that 'don't care' moment.

For some of you that might be four months, six months, or for some it may be longer. You will know when you reach that point because the internal dialogue that you are continually having at the moment will no longer be there, and you will be in control.

Permanent Sobriety

Choosing to let alcohol go from your life permanently is one of the trickier areas of the sobriety journey. It means acknowledging that you are going to be sober for the rest of your life and that you are never going to drink alcohol ever again. EVER.

I know when I'm speaking to my Sobersistas in a one-to-one session and I present them with this question, I can see the shock on many of their faces when they realise that they haven't even considered this as a possibility.

Taking the path of never drinking alcohol again and making that decision can feel a little scary. How on earth do you live without alcohol for the rest of your life?

As someone who is out and proud about her sobriety and who absolutely adores the life that she is living, I'm here to reassure you that there is nothing to fear from living the rest of your life without alcohol.

It presents you with so many opportunities. It clears your mind, it unlocks your unused potential, and it helps you to clear away all of the blocks that are stopping you from living a fully authentic life.

Your Journey, Your Choice

Both of these choices are possible for you but they both have different challenges which you need to take into consideration when making your decision to quit drinking.

I believe that either of the paths that I've outlined here are entirely valid choices for you. If you're clear at this stage about what direction you want your sobriety to take then success will be so much easier to achieve.

I am not against alcohol. I believe that the relationship you have with yourself and how you want to live your life should be your primary motivator in deciding which way forward you want to take.

If a temporary reset is for you, great. If permanent sobriety is for you, great.

This is your journey and your choice.

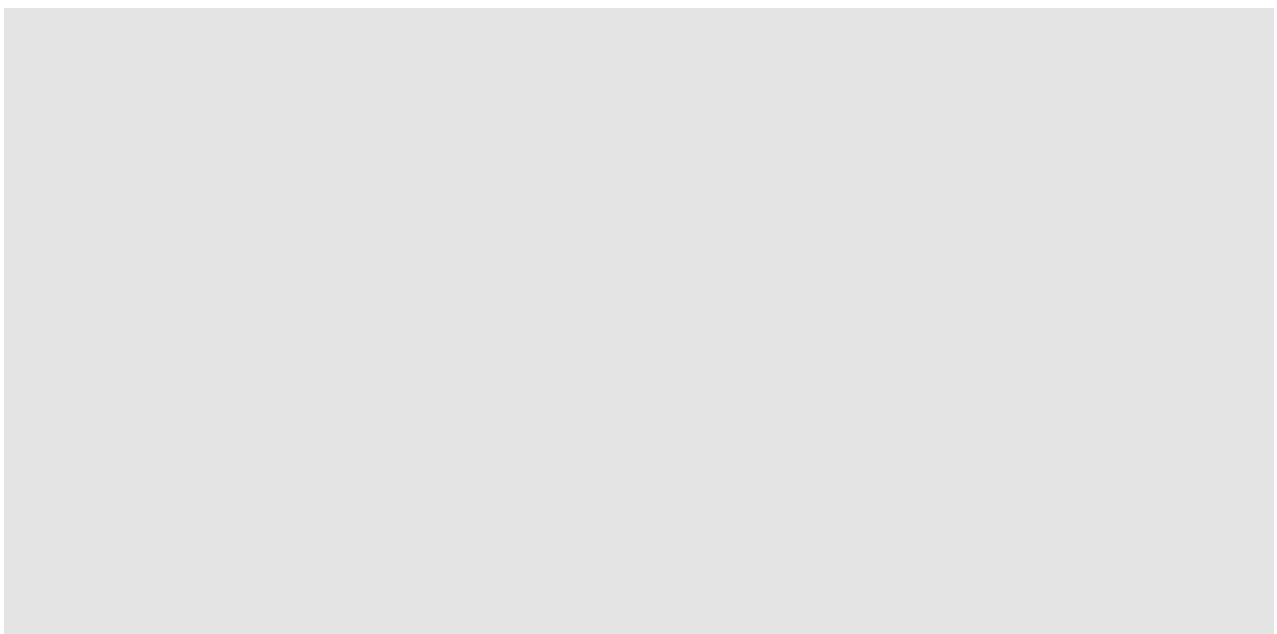
It may be that alcohol is now out of control in your life and at the moment you just feel that it's necessary to eliminate it without actually thinking about your long-term future. That's fine, but at this stage of finding your motivation, it can be really helpful to decide which path you are going to take.

Which path feels intuitively right for you? If you're not used to tapping into your intuition or the answer doesn't immediately pop out for you, try writing about both options and see where your pen takes you.

Even if you choose one path today, there is nothing to stop you from choosing a different one tomorrow. It is, after all, your life.

Your Choice

Take a few moments to think about the path you want to take. There is no right or wrong answer. Only the answer that feels right for you. Ignore the voice that says you 'should' or the voices of anyone in your life other than your own. Which path would you like to take and why?



Overcoming your fears

Sometimes when you think about a future without alcohol you can get a little fearful that sobriety will be boring, that you will never have any fun again or that you will fail at it. Whilst these fears are entirely natural, they are, like most fears, pretty much without foundation.

If you're not yet in Sobersistas Closed Group please join us and you will be inspired by the way women are changing their lives for the better simply by giving up alcohol.

And I say simply because the actual act of physically giving up alcohol can be fairly straightforward but it's your mindset that is often the greatest challenge you will need to overcome.

“I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.”

Rosa Parks

FOMO

FOMO (Fear of Missing Out) is a big issue when you are considering giving up. If you have a fantastic social life, have a great time with friends and enjoy the relaxation alcohol brings then I can fully understand why you might fear missing out on what you see as pleasurable activities.

That said, my guess is that you're here because you're beginning to recognise that even if they are pleasurable activities, the price you are having to pay is starting to get a little too high. So many women report that their social lives are actually hugely improved by staying sober. They are able to drive, be in control and leave when they are ready to and **still have a great time**.

Be a Detective

My advice would be to look for the evidence. Check out the posts in the group and look for ones where women have asked for support because they were fearful of their first sober outing. Every woman who posts comes back later and comments about what a great time she had and was wondering what she made all the fuss about.

If you can't find one quickly, create your own post and ask your fellow Sobersistas. They will reassure you. Many women never get to the point of giving up because they fear that they will inevitably fail. This is often because they've tried on more than one occasion to give up, reached a certain number of days and then started drinking again.

If this sounds like you I would say that you can't un-know that alcohol has become a problem in your life. You can't erase that thought, so you might as well fully commit to your sobriety, even if it's just in the short term.

Bored and Boring

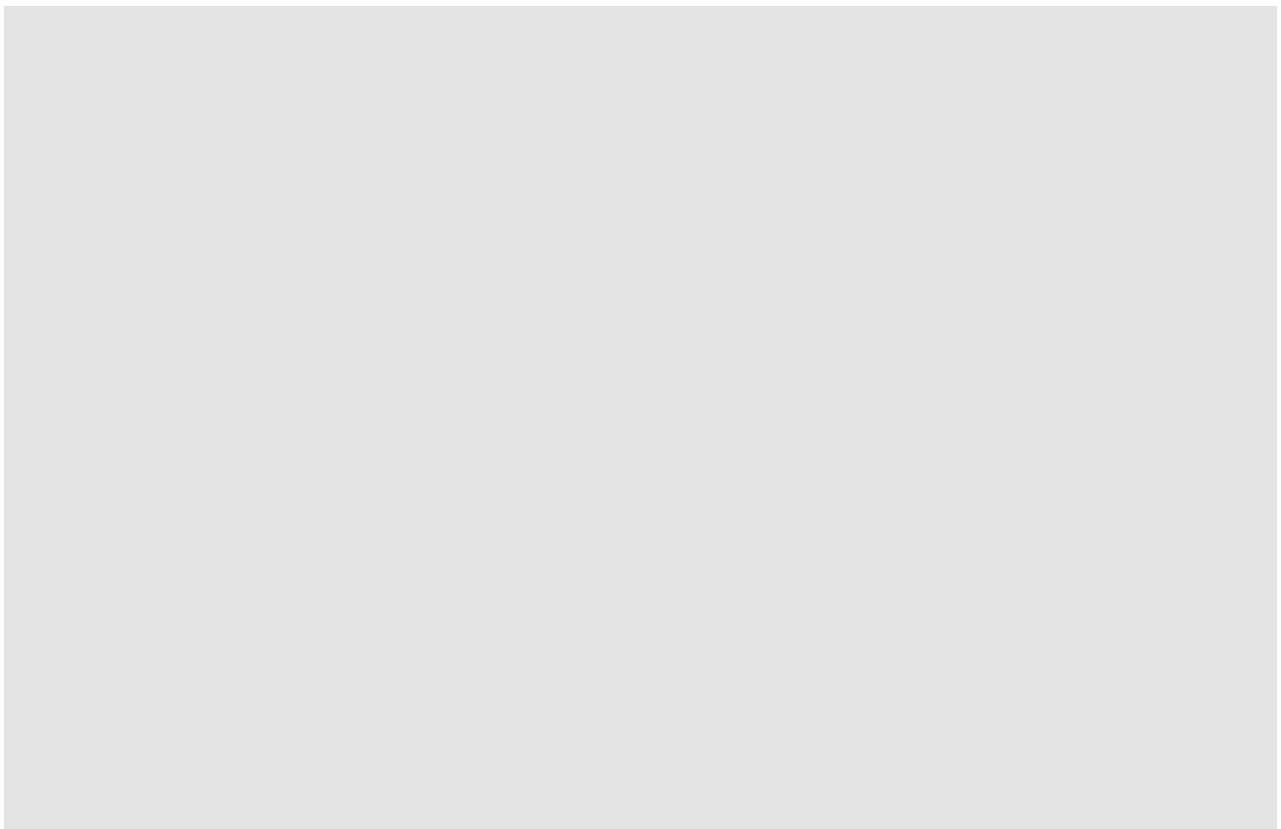
One of the most unfounded fears I hear on a regular basis is that your life will be boring without alcohol.

The truth is, without it in your system you will be free to live any kind of life you wish. With the time, clarity of mind and energy that comes with sobriety you will be able to fill your life with anything you like.

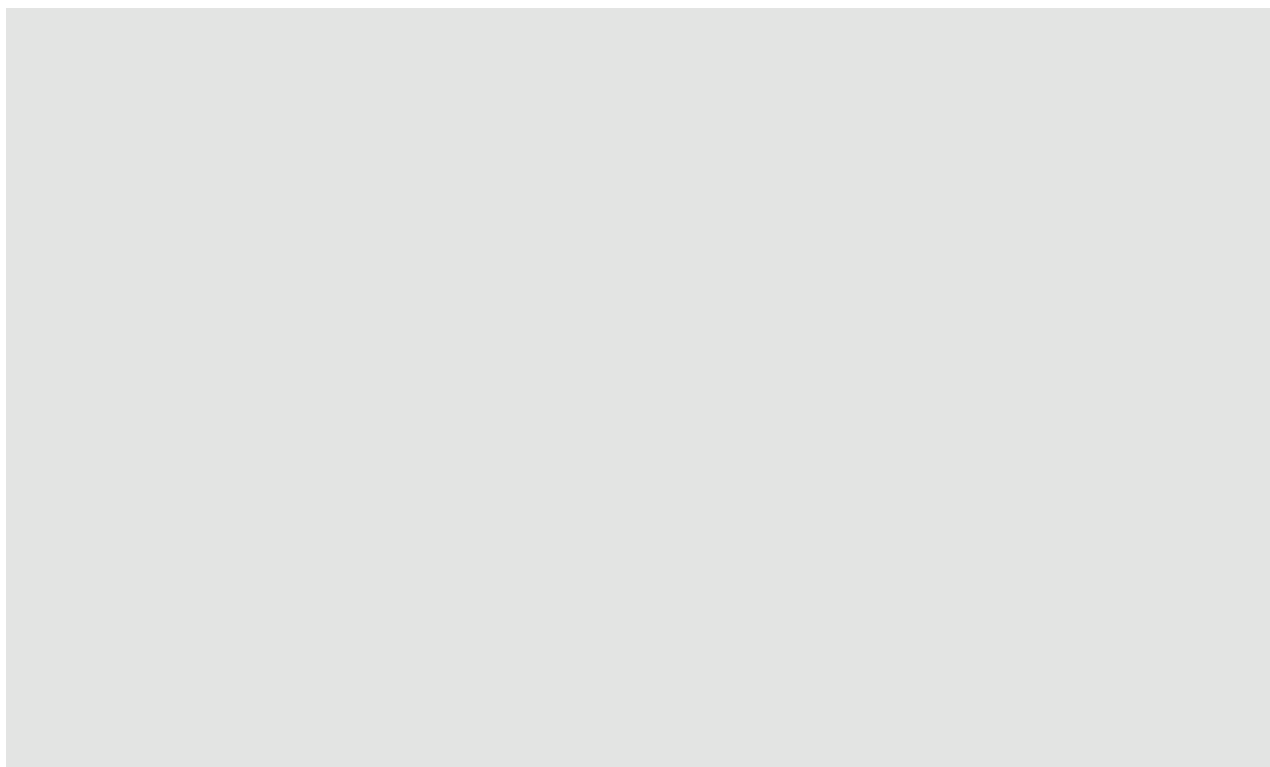
Is there a hobby you would like to try or resurrect? Is there a business you would like to start? Is there a promotion or a new career that you have always wanted to go for? Would you like to get a qualification in something that will enhance your earning capacity?

Your Fears

What is it you fear about giving up alcohol? Answer this journal prompt - **My fears around giving up alcohol are...**



Now you are clear about what you fear, answer the following – **The evidence I have about my fears are...**



Time

I've seen many women save at least 30 hours a week of their time when they stop drinking. When you add up your drinking time, shopping for it, suffering the hangovers from it and wasting time because you can't be bothered, it can quite easily add up to the equivalent of a full time job!!!

Work it Out

Add up the number of hours you typically spend on alcohol in a week. Make sure you add in your time drinking, shopping, extra time in bed, mindless scrolling etc etc. Write the number of hours below:

Hours :

Money

You will save a huge amount of money when you stop drinking. Apart from the cost of alcohol, there will be no more one-eyed late-night internet purchases and no need for that expensive face cream you buy to make you look like you don't drink! What could you do with that money? Which one of your dreams could you begin to work towards?

Work it Out

Add up the amount of money you spend on alcohol. As well as the cost of alcohol, make sure you include the cost of snacks & take aways, beauty products to make it look like you don't drink, etc.

Cost:

How do you feel about the time and money you spend on alcohol? Is it shocking? What would you do with that time and money if you didn't spend it on alcohol? How would this time and money change your life? **With this time and money I would...**

Relationships

I know from running the group that many women drink to cope with their unhappy relationship and they believe they are in a relationship that they are pretty sure they won't like the look of when they are sober.

I do understand how difficult this might be and if this sounds like you are you really going to continue to drink so that you can stay in the situation that you're in at the moment?

I have seen women get sober and take a number of different paths in their relationships.

Some women find the strength to leave their relationship and know it's the right thing to do. Some women find that sobriety helps them to reconnect with their partner. And I've seen others who have been separated and come back together once they've realised that alcohol has been a big part of the problem.

If this is something you fear, my advice would be just to concentrate on getting sober to the exclusion of anything else.

Focus on yourself.

I know that, as women, it's often difficult for us to focus on ourselves without feeling selfish. We are taught from a young age that we should put others before ourselves.

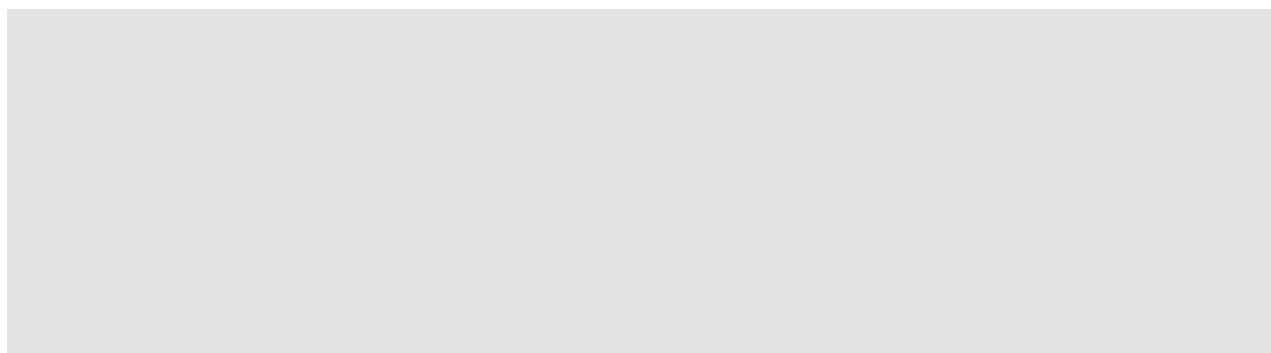
I would ask you to think about this process in the same way as the instructions you are given about oxygen masks when you are about to take off in an aeroplane. You are instructed to put your mask on first and then attend to those around you. That's because you can't help anyone unless you're in a position of being able to.

With a healed body and a clear mind, you will be able to make the right decision for everyone.

It's human to be a little fearful of embarking on what is a pretty significant lifestyle change but I promise you there are no downsides to letting go of this poison.

Your Relationship

What are your current thoughts about your relationship? What needs to happen to make you feel confident in giving up alcohol? What can wait till you're sober?



The Detox

Regardless of how much you've been drinking and what your current medical condition is, **I strongly recommend that you speak to your doctor about your desire to stop drinking.**

Sobersistas is not for alcoholics so the majority of women who come into the group can give up with minimal consequences and it takes about 7 - 10 days of detoxing before starting to feel better. That said, do not risk your health by giving up without advice. Your doctor will be able to assess your full medical history and provide the support and information you need to succeed.

The symptoms you experience will depend on how much you've been drinking and your own state of health.

Most Sobersistas report a 7 to 10 day detox period and there is no way around this so make sure you are kind to yourself in that initial period. You are likely to experience headaches, lethargy and the extreme desire to nap.

Just be kind to yourself, take painkillers, drink lots of water, rest when you can and have early nights. It's a really short length of time to get through for the countless benefits for your mind, body and soul will experience.

I would highly recommend inserting some self-care into your detox just to make it go all the more smoothly. Take baths, walk, negotiate with your family for rest time, order takeaways so you don't have to cook, do whatever it takes.

One thing to note is that because alcohol contains a lot of sugar you will probably dive nose deep into cakes, sweets and carbs. My advice is just to go with it for now. You aren't drinking alcohol and that's the most important thing for now. You can deal with the sugar later when you are feeling strong and confident in your sobriety.

Yes, the detox will be uncomfortable, but for the majority of women, the effects are totally manageable. You have a lifetime ahead of you to enjoy, so experiencing some negative side effects for a really short space of time will be worth it.

Sleep

Many women use alcohol as a sleep aid. Sleep seems to be the one thing that is quite variable in terms of improvement. Some women report improvements in their sleep quite quickly and for others, it takes a little bit longer.

You can help by creating a sleep routine which might involve no screens an hour before bed, journaling your thoughts from the day, writing out the things that you are grateful for and maybe even your to-do list for the next day.

As someone who is an occasional insomniac, my advice would be, don't lie in bed getting angry about not being able to sleep. You'd only be fighting with yourself. Get up make a cup of tea, read a book, put some TV on, just do something to distract your mind.

You can also listen to guided meditations that are designed to help you get to sleep. Another tip is to count your breaths – it's a bit like counting sheep without the distraction of the sheep.

Be reassured that physically things do get better. It is the most wonderful thing, and still one of my favourites, to wake up in the morning with a clear head and all the energy I need to get on with the day. Yes, it might take a little bit of time, but I promise you it's worth waiting for.

Be honest with yourself, what is your state of health like? How much are you really drinking? If you made a best guess what would your doctor say about giving up? Make an appointment today. You're making the best decision of your life.

Your Health

Try answering the following prompt: **The truth about my health...**

Other People

Dealing with Other People can be a challenge when you first give up.

It is entirely likely that, if you tell friends and family that you are quitting, you will receive a wide range of quite negative responses. Often these are just culturally conditioned formulaic sentences that everyone says and if you challenged them most people don't even really believe what they say. You've probably even said them yourself at some point in the past!

No-one would say here's a big fat cream cake to a dieter or offer a cigarette to an ex-smoker. Alcohol just isn't quite there yet, but I do believe that quite soon it will be entirely unremarkable to be living a sober life.

When you are making the choice to stop drinking, it's really important to remember that this is your journey, your choice and your life. What other people think about your drinking really doesn't matter. If you let it matter too much you are basically accepting that you are putting poison in your body for other people - which is just bonkers.

“No one can make you feel inferior without your consent.”

Eleanor Roosevelt

Holding up a Mirror

It's also important to bear in mind that when you tell others you've stopped or are thinking about it, you are actually holding up a mirror to them that they aren't ready to look into. Most people know they drink too much and aren't ready to face giving up themselves.

Getting upset or angry with people who poke fun at you or give you a hard time won't ever solve anything. I always feel it's best to opt for kindness and compassion but to be unwavering in your decision.

You can deal with people in a number of different ways. You can keep it to yourself and tell no-one outside the immediate circle of people that unconditionally love you. Lie if you want to. It's no-one's business but your own whether you drink or not. No-one is entitled to your truth unless you choose to tell them.

I always told people that I stopped because it was just getting in the way of things I wanted to do with my life. I said it very casually and it was a great way of changing the conversation over to people being curious about what I wanted to do with my life and away from alcohol. You can create any story you like.

Of course, you may have amazingly supportive people in your life who will be cheering you on every step of the way. If that's the case, be sure to ask them for specific support and remember to thank them too.

Be Out and Proud

It's entirely possible to be out and proud of your sobriety choice. We need to remember that we are at the leading edge of a new movement which, one day, will be responsible for putting alcohol on a much lower societal footing.

One day it will be seen as normal and a healthy life choice not to drink alcohol.

In the meantime, when friends, loved ones and acquaintances question, cajole and generally draw attention to your non-drinking status, be kind and loving.

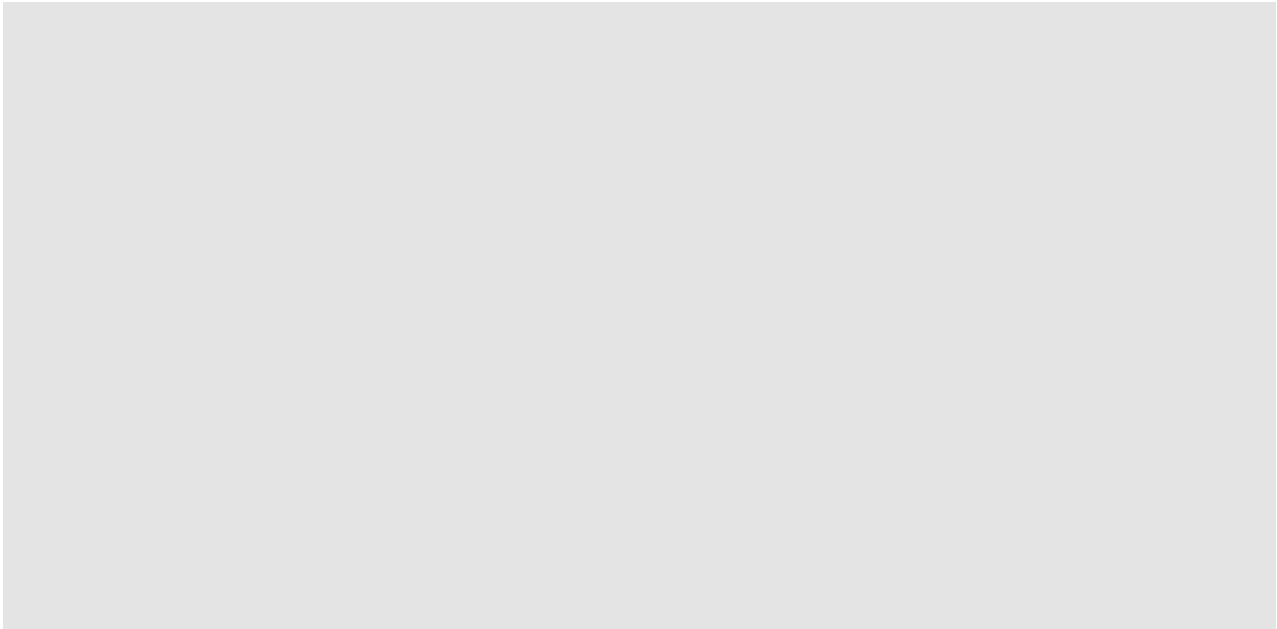
You can be a sobriety example that everyone wants to follow. You can live an outstanding life and constantly give credit to your sobriety. One day they will all join us here. We're changing the world. Let's do it with love, compassion and a healthy dose of natural feisty femininity.

Being angry with someone only makes them angry and ultimately turns it back on yourself. Show kindness, love and compassion and watch the world change before your eyes.

Take a moment to think about the other people in your life. What are your fears? Who will support you? Who will you want to avoid until you're feeling stronger? How will you tell people? What will you say? What could you say convincingly to protect your sobriety, even if it's not the whole truth?

Your People

Answer this prompt below. **As I embark on this wonderful journey the other people in my life will be...**



Looking Back

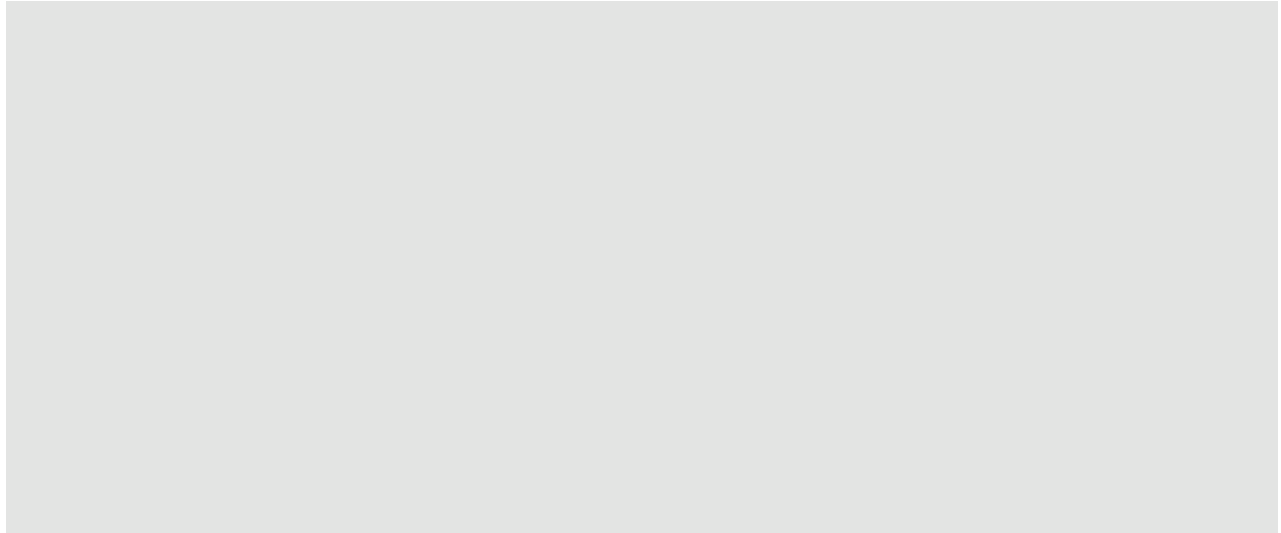
Have you ever considered *how* you change your habits? Do you just stop because you know it's time and you never look back? Do you often struggle with the change but feel a huge sense of joy when you realise you've done it?

I realised quite recently that I do a LOT of research before I make any change in my life. I do a lot of thinking and then look like I've made a sudden decision.

Have you given up smoking, or cut out sugar, or started doing regular exercise? Can you remember how you gave up? Did you research or just stop? Did you think about it for a long time or did you suddenly decide one day and just get on with it?

Your Habits

Answer this prompt below. **I normally change my habits by.... and the way I can do it with alcohol is...**



The Truth About Alcohol

Have you ever thought about what it would be like to explain alcohol to aliens? Just imagine some lovely, benevolent aliens landed on the planet to come and help us. They want to know all about us and we tell them about alcohol. Billions of advertising dollars and our own cultural myths tell us that alcohol is wonderful. Here are just some of them:

Provides you with a fantastic social life.

It's good for you (think red wine).

It makes you sexy.

You will attract the perfect partner.

Getting drunk is fun.

It helps you get to sleep.

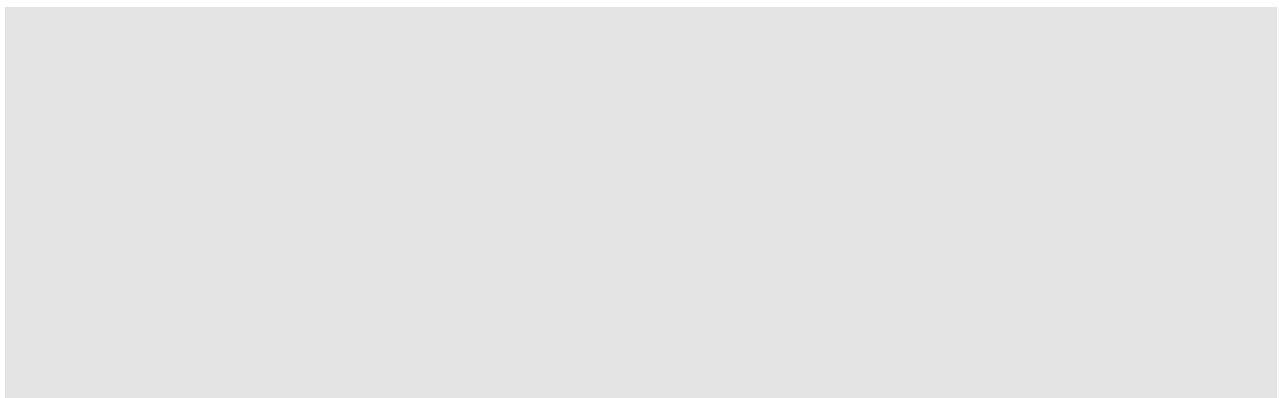
It helps you relax after a hard day at work.

The True Truth

Here's the true truth as myself and thousands of Sobersistas see it...

- **Provides you with a fantastic social life.** - Out of control drunken nights where everyone talks nonsense and you can't remember getting home.
- **It's good for you (think red wine).** - Alcohol causes a myriad of health problems including cancer. (And the red wine thing has been proven to be untrue.)
- **It lowers the barriers and makes intimacy easier.** - There is nothing sexier than a sober, confident woman who knows what she wants.
- **You will attract the perfect partner.** - Alcohol will keep you in the wrong relationship for the wrong reasons.
- **Getting drunk is fun.** - It's only fun for the first 2 drinks.
- **It helps you get to sleep.** - You don't sleep naturally. Natural, alcohol-free sleep is truly healing.
- **It's your reward for a hard day at work.** - There are a million, healthier, more nourishing ways to reward yourself for a job well done.

We often know what our 'myths' are. **What are yours?**



The Future

When we think about making any big decisions we often do so with a fully formed set of ideas. We think we know how things are going to turn out, how we're going to feel how things are going to progress. In reality, we don't know.

You can't predict the future any more than I can but it is entirely possible that your future can be so much better than you might imagine at the moment.

My life has changed into so many wonderful ways. I've discovered that I'm a natural introvert which I had no idea about. After six years of wandering the world, I've learned that having a home of my own is so much more important to me than I ever imagined.

If you told me that three years after getting sober I'll be helping thousands of women get sober and changing their lives for the better I'd have called you a liar.

The truth is we have no idea what's ahead of us. However, choosing a sober life means that you can exert a great deal more control over your future.

No matter what choices or decisions you make, as a sober woman it's all in your hands. **You get to choose how you want your life to be.**

If you feel motivated to choose today as your last day one I can promise you that you may still have challenging days, but over time as you build your resilience, those challenges become so much easier to deal with.

There is nothing good in alcohol. A quick google will tell you what the negative medical indicators are of continuing to drink but I'm not here to frighten you into giving up alcohol.

I'm here to tell you that there is nothing to fear in a sober life. Yes, your life may change, but it's a change that will be guided and driven by you. Living a sober life is full of opportunity.

Yes, you have to do a little bit of hard work to really start to appreciate how wonderful a sober life can be, but you can do hard stuff because you're already doing the hard stuff.

Drinking alcohol on a regular basis is hard, it's hard for your mental health and physical well-being and your relationships.

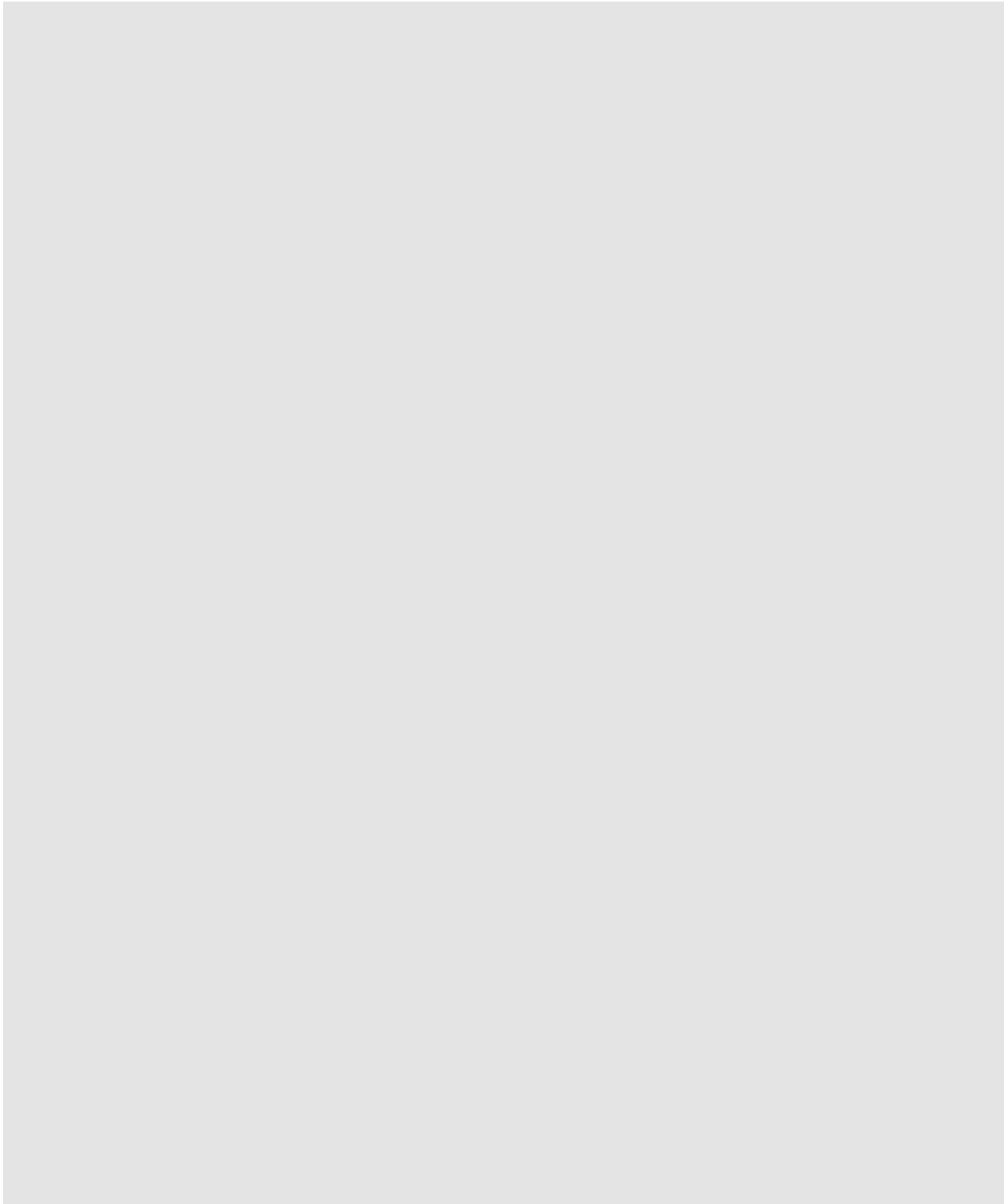
*I know the fact you're here
means that you know it's time to let go.*

My goal with Sobersistas is to try and help as many women as possible to let go of alcohol and choose a better life.

I want sober women to raise amazing children to fulfil their potential and to have deep, loving, fulfilling relationships.

Your Future

Write a story about your perfect alcohol-free weekend. Give it colour, depth, fragrance. What do you look like, what are you wearing? Who are you with? How does it feel to imagine that? This future is entirely possible for you.



This future is mine for the taking.

Next Steps

Now that you've spent a little time thinking about your relationship with alcohol and explored the reasons that might have been holding you back, I hope you're feeling excited and confident about living a sober life.

Nothing Happens Without Action

All the thinking in the world isn't going to help you give up alcohol. You must take action if you want things to change. I know there is a lot to think about but I hope by now you have one or two ideas bumping around the inside of your head about what you would like to do next.

Your Actions

What 3 actions can you commit to now that will make you feel good about freeing yourself of alcohol? Talk to your partner, check out alcohol free drinks? What feels good for you?

1.

2.

3.

Everything Will Be Better

I know that you might feel a little overwhelmed at the moment. I know I did when I decided to stop drinking.

I had my first drink when I was 13 and loved every second of the exhilaration and freedom I felt at the school disco. I was fearless, I danced like no-one was watching and I talked to boys! Unthinkable at the time with the life I had been living.

I spent the next 40 years chasing that feeling and making myself more and more anxious and depressed with every drink I threw down my neck.

Just like you, I knew that there *just had* to be a better, different way to live this life.

Be joyful darling, your world is about to get better. I can say that with absolute confidence because mine did and so have the lives of thousands of Sobersistas just like you. Today is your last day one. Be joyful.

Much love always, Jules xxx

Today I commit to my life and my positive choices.



/ /

THANK YOU!

I really hope that you've found the support you need from this e-book and that you have found your last day one.

Living a sober life is filled with possibility and gives you the chance to start to live as your true self. I hope you've seen at least a glimpse of who you really are.

There are so many good things about being sober that it's too long a list to include here and even if I did it would be missing the good things that are unique to you. I promise you though, the list is endless!

You have nothing to fear about living a sober life, there is only good ahead of you.

Thank you for taking this leap of faith into a wonderful future that is yours to claim today.

Much love always, Jules xx

MORE HELP IS AVAILABLE FOR YOU HERE:
simply point your camera at the QR code



*In one leap
you can be
free.*