



# SOBER EXPLORATION

## *Guide*

by Sophie Anderson

YOUR FIRST 5 STEPS TOWARDS  
ALCOHOL-FREE LIVING

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# WELCOME

If you're reading this, chances are you've been wondering what life could be like without alcohol.

Not because you've hit rock bottom.

But because you're ready for more.

More clarity. More energy. More presence. More Health.

And you're ready for less.

Less anxiety. Less crappy night's sleep. Less regrets.

I created Mindfully Sober for people like you — people who are sober-curious, who might have done Dry July or taken breaks, and now want to be fully sober without looking back.

It's a mindset and lifestyle coaching journey to help you explore alcohol-free living with support, strategy, and self-leadership.

You don't have to figure it out alone.

These 5 steps will help you get started, right now.

Enjoy!

*Sophie*



# YOUR FIRST 5 STEPS TOWARDS ALCOHOL-FREE LIVING

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## 1. LISTEN TO THE LONGING

There's a reason you're here. That quiet nudge you feel — that pull toward a different kind of life — is worth paying attention to.

Write it down. Name it. What is alcohol keeping you from? What might be possible without it?

What do you want to see, feel, experience?

## 2. CREATE SAFE CURIOSITY

You don't have to commit forever. You're allowed to explore.

Tell yourself: "I'm just gathering information."

Watch videos. Read stories. Check out the facts.

Be mindful. Interview someone who's already made the shift.

Replace fear with truth and clarity — and find your own inspiration.

## 3. STOP MAKING IT ABOUT EVERYONE ELSE

You don't have to explain this to the world just yet, or ever. This is your journey, your life. Let go of the pressure to be "fun," "social," or "normal."

Ask: What if I only needed to feel good for the sake of it? What if it was ok to do something just for myself?

*"You only get one life. Be on your own side."*





## 4. PRE-IMAGINE THE HARDER MOMENTS

Stress. Sadness. Boredom. Celebrations. Holidays. Judgement. Camping, Family!..

Make a list of when you typically drink, or where you foresee challenges — and choose 1–3 supportive alternatives right now.

Things like:

- Going for a walk or warm shower
- Texting or calling a friend on the same journey
- Make a non-alcoholic drink ritual you love
- Reading your vision / motivation / your why



## 5. CHOOSE EMPOWERING LANGUAGE

Try saying:

"I'm not drinking right now."

"I'm giving myself the space to think clearly."

"This isn't about restriction — it's about being well. Being healthy."

→ Language shapes mindset. Mindset shapes lifestyle.





# WELL DONE!



## *What happens next?*

These are just a few steps. If they felt good, you're ready for more.

The full Mindfully Sober Program includes:

- 10 self-paced modules to create a sobriety toolbox
- A workbook + journal to guide you and support your reflection
- Weekly live group coaching calls
- A private, confidential online community (on my website, not Facebook)
- An optional coaching package for 1:1 support

If that sparks your curiosity, I invite you to:

- ➔ Reach out if you have any questions.
- ➔ Join the program! Yes you are worth it, and yes you are ready!

Keep being curious; keep exploring your sober life!

Whether you do this with me or on your own, so much clarity and purpose are waiting on the other side!

**You've already started. You've got this!!**

*Sophie*

**Sophie Anderson is an ICF-certified coach, wellness expert, and founder of Mindfully Sober. Completely alcohol-free since 2020, she empowers others to step into their potential by creating a life they don't need to escape from. With a compassionate, practical approach, Sophie helps clients break free from drinking culture and live with clarity, confidence, and purpose.**



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