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**journal prompts for  
staying on track on  
your sobriety journey**

SOBER *& Social*



**What challenges might I be  
faced with?**



**How can I overcome these  
challenges?**



**What am I grateful for about  
my sober journey?**



**What support system do I  
have around me?**



**How can I best prepare myself for difficult or challenging situations?**



**What boundaries do I need to  
put in place?**



**How can I prioritise self care?**





**What do I need to say no to?**



**Who lifts me up and supports  
my journey?**



**What resources do I have in  
sober toolkit?**