

# Make a Bucket List

# SOBER BUCKET LIST

★ A LIFE YOU CHOOSE. MEMORIES YOU KEEP. ★

1  **Dance Sober**  
Feel the music, the freedom  
and the euphoria.



2  **Going to the Pub with Friends**  
Good friends, great chats  
and memories you keep.



3  **Sober Vacation**  
Explore new places and  
create amazing memories.



4  **Christmas Sober**  
New traditions, full of love  
and festive joy.



5  **Coming Out as Sober**  
Share your truth and  
feel the relief.



6  **Sober Wedding**  
Be present, celebrate love  
and remember it all.



7  **House Party or a Night in with Friends Sober**  
Laugh, connect and wake  
up feeling amazing.



8  **Go to a Gig or Festival Sober**  
Enjoy the music, the vibe  
and every moment.



9  **Sober New Years Eve**  
Celebrate new beginnings  
with clarity and joy.



10  **Pour Someone Else an Alcoholic Drink**  
A small moment, a big  
milestone.



11  **Sober Hen and Stag Nights**  
Have fun, your way,  
on your terms.



12  **Go to a Nightclub Sober**  
Dance, feel the energy  
and stay in control.



13  **Asked By a Medical Practitioner if you Drink**  
Proudly say: "I don't drink."



14  **Attending a Sports Event**  
Cheer loud, enjoy the game  
and stay sober.



15  **Sober Hobby**  
Discover something new  
and invest in YOU.



16  **Start a Sober Podcast**  
Share your journey and  
inspire others.



17  **Get Breathalysed**  
Pass with confidence and  
feel the freedom.



18  **Get Healthy**  
Fuel your body, strengthen  
your mind and thrive.



19  **Attend Sober Meet Ups**  
Connect, share and build  
lifelong friendships.



20  **Help Others Get Sober**  
Be the lighthouse that  
lights the way.



One day. One choice. A better life.

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