Own Your Sh!t

Workbook

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JOB	Workbook design · formatting
TRIM	8.5 × 11 in · 150 pages
FORMAT	Paperback
CONTENT	Intro + 11 chapters
TOOLS	Canva



A therapist's raw manuscript, turned into 150 pages readers *actually write in.*

WHAT CAME IN

A raw manuscript: an introduction and 11 chapters of client stories, questions, check-ins and exercises. No layout and no design.

WHAT I DID

I researched the best layouts for therapy workbooks, then designed and formatted every page in Canva: chapter dividers, prompts, checklists, cycle worksheets and writing space.

PALETTE, SOFT ENOUGH FOR HARD QUESTIONS

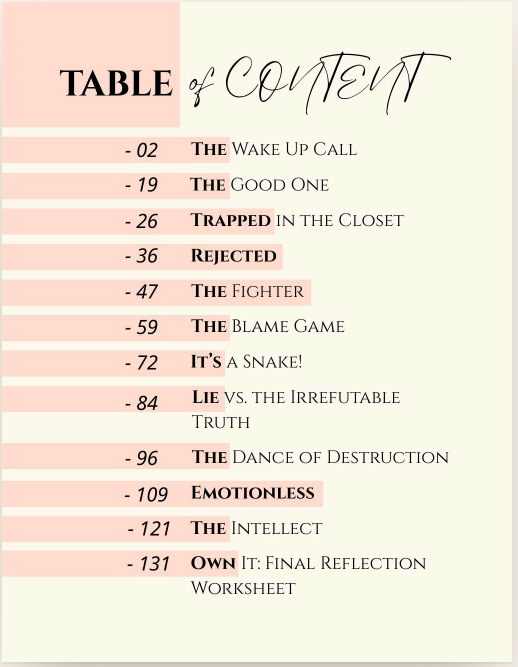
Blush	Cream	Rose line	Ink

INTERIOR TYPE

AA GG	Aa Gg	*Chapter*
Cinzel	Noto Sans	Script
Titles	Prompts	Accents



TITLE PAGE



CONTENTS

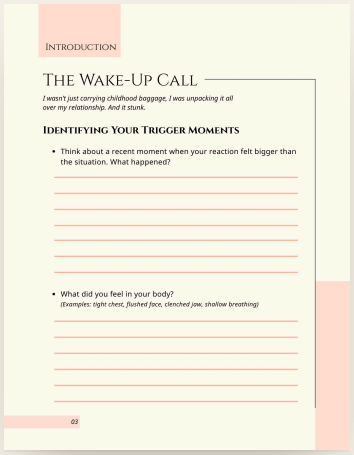
The questions in this book are heavy. So the pages are light: warm cream paper, soft blush accents and lots of room to write.

Every chapter gets a *pause* before the work begins.

1. **Script + Cinzel title**
   A handwritten "Chapter 1" over classic caps: personal, then strong.
2. **Blush circle divider**
   A full-color page that signals a fresh start.
3. **Chapter tab**
   A small blush label repeats the chapter on its first page.
4. **Bracket rule**
   A thin frame that holds each exercise together.
5. **Rose writing lines**
   Real lines, spaced for handwriting.



Six worksheet types, one gentle system.


Introduction

THE WAKE-UP CALL

I wasn't just carrying childhood baggage, I was unpacking it all over my relationship. And it stunk.

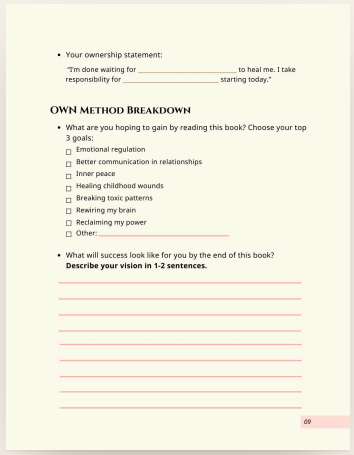
IDENTIFYING YOUR TRIGGER MOMENTS

- Think about a recent moment when your reaction felt bigger than the situation. What happened?
- What did you feel in your body?
  (Examples: tight chest, flushed face, clenched jaw, shallow breathing)

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OPENING EXERCISE

Trigger questions with space to answer.


- Your ownership statement:
  "I'm done waiting for _____ to heal me. I take responsibility for _____ starting today."

OWN METHOD BREAKDOWN

- What are you hoping to gain by reading this book? Choose your top 3 goals:
  - ☐ Emotional regulation
  - ☐ Better communication in relationships
  - ☐ Inner peace
  - ☐ Healing childhood wounds
  - ☐ Breaking toxic patterns
  - ☐ Rewiring my brain
  - ☐ Reclaiming my power
  - ☐ Other: _____
- What will success look like for you by the end of this book?
  Describe your vision in 1-2 sentences.

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GOAL CHECKLIST

Tick boxes and an ownership statement to fill in.


SPOT THE SURVIVAL PATTERN

Your wild brain holds the old rules you followed to feel loved, safe, or accepted, even if they no longer serve you.

Think back to moments where you felt overlooked, dismissed, or unseen. What did your wild brain tell you in those moments?

- When I feel overlooked, I usually tell myself:
- My body reacts by:
  (e.g., shutting down, isolating, over-functioning)
- I typically respond by:

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PATTERN SPOTTING

Prompts that guide the reader step by step.


- How do I typically behave when I feel this way? (Ex. lashout)

REWRITE YOUR CYCLE WITH INTENTION – THE POWER CYCLE

The **OWN** Method: **Observe** What's happening Now

Let's flip your Feelings Cycle into a **Power Cycle**, where you respond with intention instead of reacting from pain.

STEP	YOUR RESPONSE
• **What do I know?** – (Ex. I have no evidence that someone has intentionally Dismissed me.	

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POWER CYCLE

A two-column "step and response" worksheet.


MAP YOUR PERSONAL FEELINGS CYCLE

LET'S IDENTIFY YOUR AUTOMATIC SURVIVAL LOOP USING BRANDY'S PATTERN AS A GUIDE.

STEP

- **Trigger**: What sparked the reaction?
- **Feeling:** What did you feel in your body or emotions?
- **Thought:** What story did your Wild Brain tell you?

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FEELINGS CYCLE

Trigger, feeling and thought, mapped in order.


- **Write a short declaration** to your future self, something to come back to when you forget your progress:

Dear Future Me,
Remember that you've learned how to...
You're no longer _____
You now choose to _____
Love,
_____ (Sign your name)*

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FINAL DECLARATION

A letter to the reader's future self.



A print-ready workbook, from a raw manuscript.

DELIVERABLE	USE
Workbook interior · 150 pages, 8.5 × 11	Paperback
Chapter dividers for intro + 11 chapters	Layout
Worksheets, checklists and cycle maps	Layout
Print-ready PDF	Print
Editable Canva design	Future edits

Built in Canva, so the author can update a prompt or fix a typo on their own, without paying for a full redesign.

YOUR BOOK NEXT

Send me the manuscript. *I'll handle the rest.*

TO GET A QUOTE, MESSAGE ME WITH

01 Your word count

02 Genre and audience

03 Formats you want (ebook, paperback, hardcover)

04 Your target launch date