The Relationship Detox

A healing workbook for spiritual women choosing soul-aligned love

KATRINA WOODVILLE

JOB	Workbook design · formatting
TRIM	8.5 × 11 in · 86 pages
FORMAT	Paperback
CONTENT	5 chapters · prompts · rituals
TOOLS	Canva



A healing journey on paper. It had to feel *sacred, not clinical.*

WHAT CAME IN

A raw manuscript: five chapters of teaching, journal prompts, checklists, affirmations and body-based rituals for women leaving draining relationships.

WHAT I DID

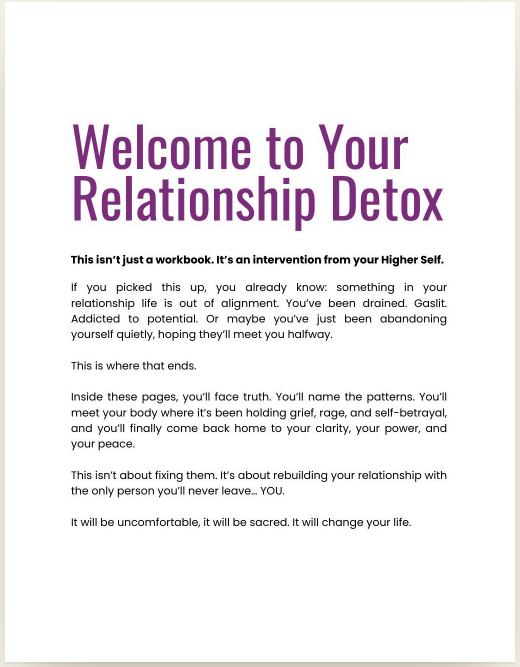
I researched healing-workbook layouts, then designed and formatted all 86 pages in Canva, with photo chapter openers, lilac tabs, prompt pages and space to write.

PALETTE, FROM SUNSET TO PLUM

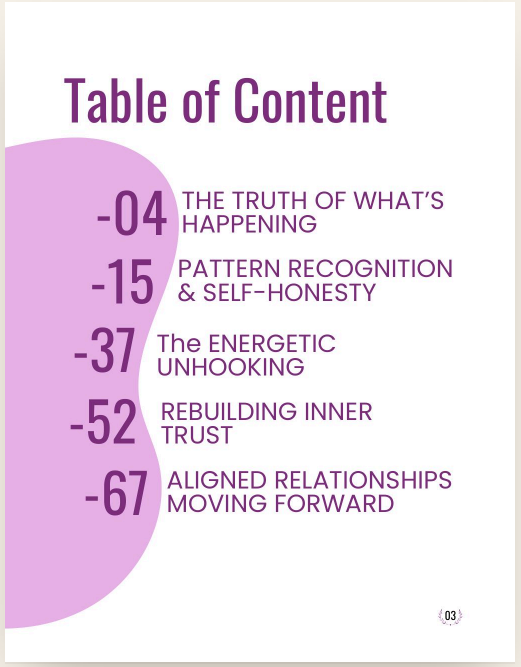
Plum	Lilac	Tab mauve	White

INTERIOR TYPE

AA GG	Aa Gg	*Workbook*
Oswald	Poppins	Script
Headings	Body + prompts	Accents



WELCOME PAGE



CONTENTS

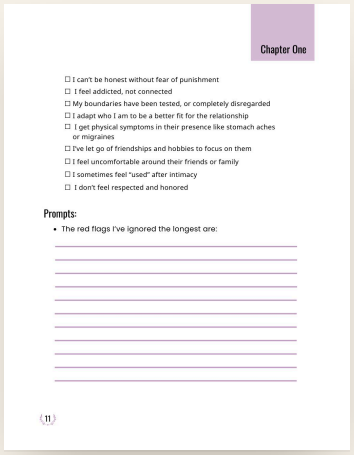
Readers come to this book hurting. Warm sunset photos, soft lilac and lots of white space make the hard prompts feel safe to answer.

Each chapter opens like a *deep breath.*

1. **Spaced label + thin numeral**
   Light and airy, so the chapter number never shouts.
2. **Oswald title**
   Tall caps, strong without feeling harsh.
3. **Sunset photo on lilac**
   An image set on a color block at the foot of every opener.
4. **Dot divider**
   A small ornament that closes the opener page.
5. **Lilac chapter tab**
   Repeats on every page, so you always know where you are.
6. **Prompt + lilac lines**
   Each question gets its own block of writing lines.
7. **Plum circles + laurel folio**
   A soft brand mark in the page corner.



Six page types for a five-chapter journey.



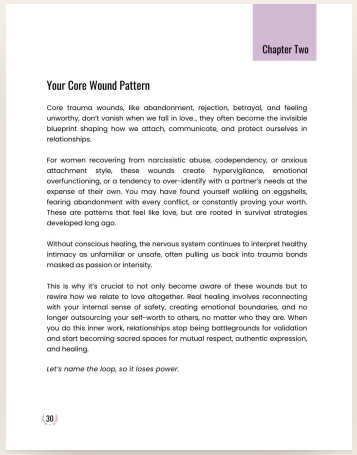
SELF-CHECK LIST

Tick boxes for the patterns readers recognise.



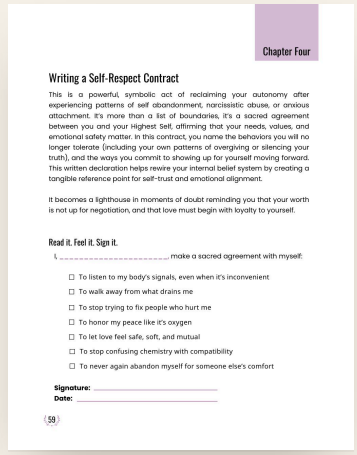
TEACHING + PROMPTS

Short lessons, each followed by a question.



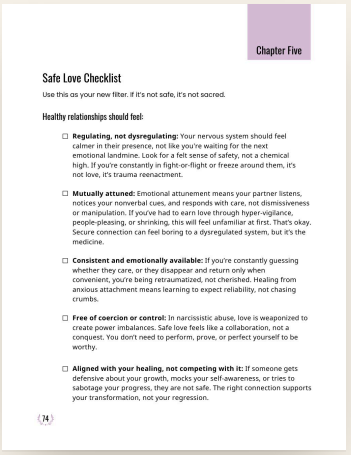
CORE WOUND PAGE

Deeper text with room to reflect.



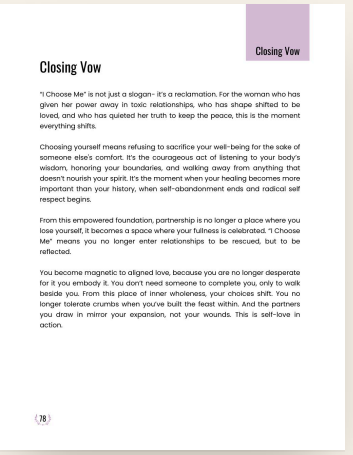
SELF-RESPECT CONTRACT

A page to fill in and sign.



SAFE LOVE CHECKLIST

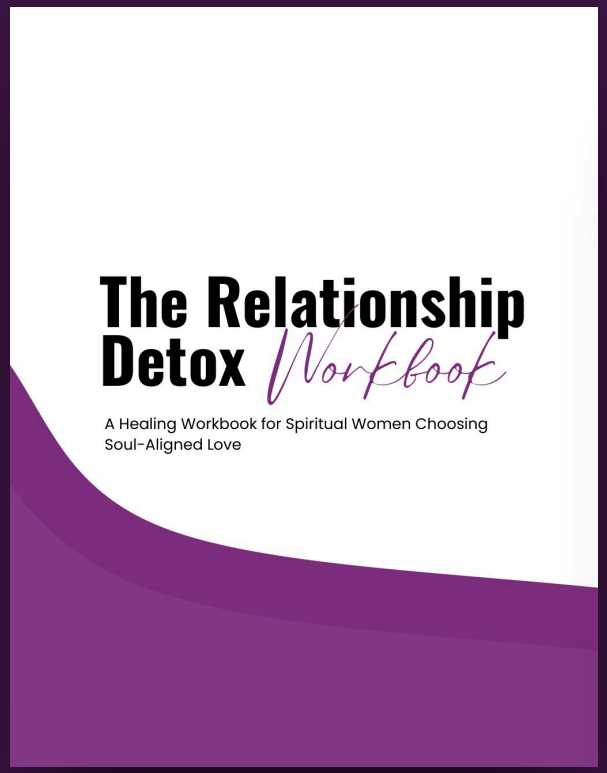
A filter for future relationships.

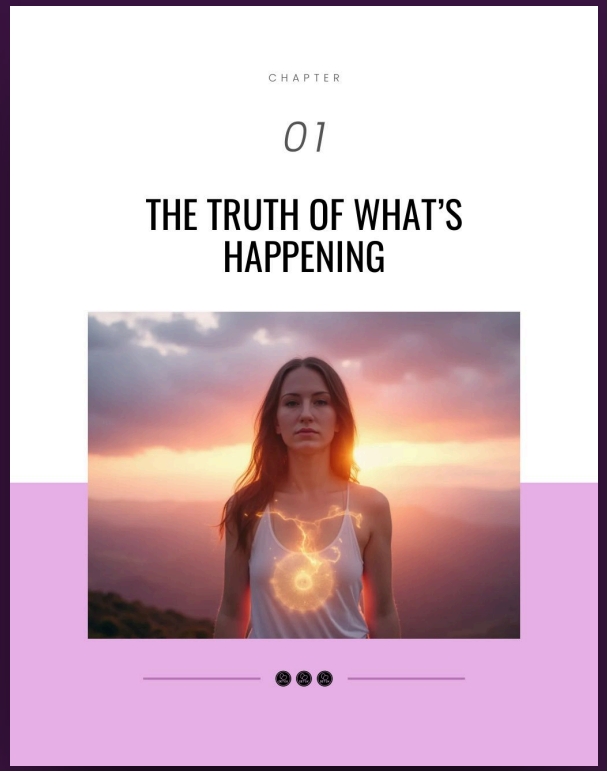


CLOSING VOW

The final commitment, ready to sign and date.

A print-ready workbook from a raw manuscript.





DELIVERABLE	USE
Workbook interior · 86 pages, 8.5 × 11	Paperback
Photo chapter openers for 5 chapters	Layout
Prompts, checklists, contract and vow pages	Layout
Print-ready PDF	Print
Editable Canva design	Future edits

Every chapter ends with an affirmation or a closing ritual, so readers finish each section feeling stronger, not drained.

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