

WORKBOOK

The 30-Day Reset Workbook

BY @SAMPLE.CREATOR

Crafted by AlwaysDrafting · alwaysdrafting.com

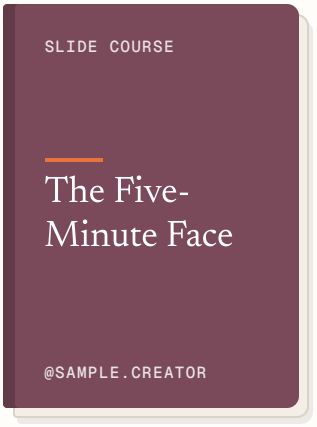
EXAMPLE PRODUCT · MADE FOR ANY NICHE

Cooking, beauty, fitness, money, parenting, gardening

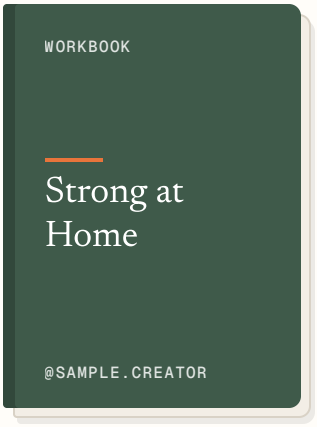
Every product we make follows the same format, whatever the creator teaches. The pages after this one are a full example with generic content and stock photos. Yours is customized: written from your own posts, with your photos, and you approve every page.



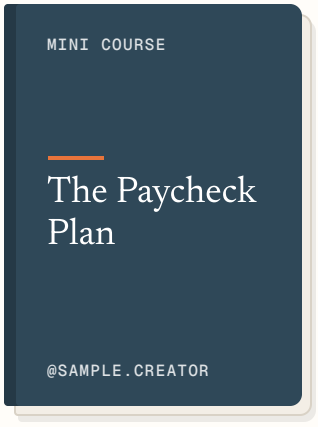
COOKING



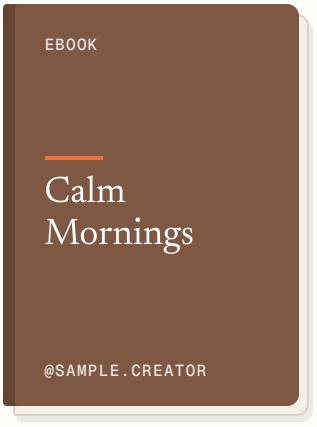
BEAUTY



FITNESS



MONEY



PARENTING



GARDENING

INSIDE

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01

How to use this workbook



Work through one page a day, or one section a week. There are no wrong answers: this is your plan, in your words.

Print it, or fill it in on a tablet. Come back to the tracker at the end every evening.

02

Where you are now

Answer honestly. You'll look back at this page in 30 days.

- What I want to change _____
- What I've tried before _____
- What usually gets in the way _____
- How I'll know it's working _____

03

Set up your space



Tick each one off before day one.

- □ Clear one spot for this
- □ Put everything you need in one place
- □ Set a daily reminder
- □ Tell one person you're starting

04

Your weekly plan



Pick three days and one small action for each.

- **Day:** _____ **Action:** _____
- **Day:** _____ **Action:** _____
- **Day:** _____ **Action:** _____

Bad-day version

The smallest version I'll still do on a hard day: _____

05

30-day tracker

One tick a day. Never miss twice in a row.

- □ Week 1: M T W T F S S
- □ Week 2: M T W T F S S
- □ Week 3: M T W T F S S
- □ Week 4: M T W T F S S
- □ Days 29–30: □ □

06

Look back



- What changed _____
- What I'll keep doing _____
- My next goal _____

THIS EXAMPLE VS. YOURS

Everything here is customized for you

This example uses generic content and stock photos so you can see the format. Your version is written from your own posts and the material you add, so it reads like you and answers what your followers ask.

- ✓ Your own posts, tips and recipes become the chapters, in your voice
- ✓ Your title, your price, and the questions your followers actually ask
- ✓ Your photos, or images made for your topic, instead of these stock photos
- ✓ Nothing goes on sale until you've read and approved every page

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Thanks for reading.

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