

30-DAY BOSS REBOOT WORKBOOK

Bia



For the bold woman who feels stuck, off-track, or just plain lost... and is ready to reclaim her power.

✨ Introduction: Welcome to Your Reboot.

This isn't your average workbook. It's a reset. A reclamation. A reminder that even if your crown is crooked or your confidence has taken a hit, you're still a BOSS BIA—and it's time to start acting like it.

Over the next 30 days, you'll:

- Reconnect with who you are
- Reignite your confidence
- Rebuild your momentum

You don't need a massive life overhaul. You just need to show up for YOU—one badass day at a time.

How to Use This Workbook

- Each day has 1 small, powerful action or journal prompt
- Show up messy or motivated—just show up
- Repeat the days that hit deep

You can print this, use it digitally, or transfer it into a journal—whatever keeps you consistent.

DAY 1: WHO AM I TODAY? (NOT TITLES—JUST YOU.)

[illegible][illegible]

Bia

[illegible]

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. There are approximately 18 lines visible. Four small, stylized yellow leaves are scattered on the page: one near the top right corner, one in the middle left area, and two near the bottom right corner. The paper appears to be part of a notebook or a document template.

BOSS *Bia*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

[illegible]

BOSS

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[illegible]

BOSS

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Bia

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. There are four small, irregular brown stains or smudges on the page: one near the top right corner, one in the middle left area, and two near the bottom right corner. The paper appears to be a standard sheet of lined notebook paper.

BOSS

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Bia

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This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. There are approximately 18 lines visible. Scattered across the page are several small, stylized yellow leaves or petals. One leaf is near the top right corner, another is in the middle left area, and two more are clustered near the bottom right corner. The overall appearance is that of a clean, unused piece of stationery or a notebook page.

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Bia

[illegible]

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[illegible]

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DAY 28: WHAT WOULD IT LOOK LIKE TO LEAD WITH JOY?

[illegible]

DAY 29: WRITE A THANK YOU LETTER TO YOUR PAST SELF.

[illegible]

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This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. There are approximately 20 lines visible. Several yellow sticky notes are placed on the page: one near the top right, one near the bottom left, one near the bottom center, and one near the bottom right. The notes appear to be blank or have very faint markings. The overall appearance is that of a clean, unused piece of stationery.

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