BOSS BABES & BRUNCH

presents

an anthology of real stories, bold decisions,
and powerful transformations

The Audacity to Evolve

STORIES OF WOMEN WHO CHOSE MORE

CHAPTER DISCOVERY WORKBOOK
for confirmed contributors

Curated with heart by

Kayelani Vasquez

This workbook belongs to

Fill in your name, then turn the page.

A NOTE FROM YOUR CURATOR

Welcome, contributor.

You said yes to something brave.

Every woman in this anthology has a moment she can point to: a breath before the leap, a decision that scared her and steadied her at the same time. That moment is why you're here. You chose more, and now you're being asked to hand that choice to a reader who needs to see it's possible.

This workbook is not a writing test. It's a discovery process. Before a single polished sentence is due, I want you to sit with your own story, the real, unfiltered shape of it, so that when you sit down to draft your chapter, you already know exactly what you're building.

Take your time with these pages. Write messy. Cross things out. Come back to prompts more than once. The truth you uncover here is what will make your chapter unforgettable: not perfect prose, but honest audacity.

I can't wait to read what you find.

With so much love and admiration,

Kayelani Vasquez

Founder, Boss Babes & Brunch. Curator, The Audacity to Evolve.

BEFORE YOU BEGIN

How to use this workbook

This workbook walks you through seven short sections. Each one builds on the last, moving you from raw memory to a chapter you're ready to draft. Expect to spend 60 to 90 minutes total, more if a section strikes a nerve. That's a good sign.

1 **Find your moment**
Locate the specific instant you chose more. Not the whole year, the instant.

2 **Map your evolution**
Chart who you were before against who you became, and what happened in between.

3 **Name the audacity**
Get precise about the courage it took: what it cost you and what it gave you.

4 **Distill your wisdom**
Turn hindsight into the advice only you can give.

5 **Know your reader**
Picture the woman who needs this chapter and what you want her to feel.

6 **Build your outline**
Shape the beats of your chapter before you write a single full paragraph.

7 **Brainstorm your title**
Play with language until your chapter's name finds you.

A few honest tips:

- There is no wrong answer, only true and less-true ones. Chase true.
- If a prompt makes you emotional, stay with it a little longer. That's where the chapter lives.
- Fill this out digitally or print it and write by hand, whatever gets you honest fastest.
- Your Chapter Lead / Kayelani is always a message away if you get stuck.

SECTION 1

Finding your "more" moment

Every chapter in this anthology begins with a woman who chose more: more truth, more freedom, more of herself. Start by locating that choice in your own life.

What did you choose more of, and what did you choose it over?

Example: "I chose my own voice over my family's comfort" or "I chose starting over over staying safe."

When did you first feel the pull toward more, before you acted on it?

The season, the setting, the quiet realization no one else could see yet.

Describe the exact turning point moment: the one scene you'd film.

Where were you? What was said or decided? Get specific about sights, sounds, the feeling in your body.

SECTION 2

Mapping your evolution

Evolution only reads as powerful when the reader can see the distance traveled. Map the two versions of you side by side.

WHO I WAS BEFORE	WHO I BECAME
The belief I held about myself	*The belief I held about myself*
What I was afraid would happen	*What I was afraid would happen*
What my daily life looked like	*What my daily life looked like*

In one sentence, what was the cost of staying the same?

SECTION 3

Naming the audacity

Audacity is the boldness to act despite fear. This section gets precise about what that boldness actually required of you, and what it returned.

What, specifically, were you afraid of in that moment?

What did it cost you?

What did it give you?

If you could speak to yourself in that exact moment, what would you say?

This line often becomes the emotional heart of a chapter. Spend real time here.

SECTION 4

Distilling your wisdom

Your reader isn't just here for what happened. She's here for what you know now that you didn't know then. That hindsight is the gift only you can give her.

What do you know now that you wish someone had told you then?

Finish this line: “Evolving taught me that I am ___.”

Give three pieces of advice to a woman standing where you once stood.

1

2

3

SECTION 5

Knowing your reader

The most audacious chapters are written to one specific woman, not to everyone. Picture her clearly. It will sharpen every choice you make on the page.

Picture the one woman who needs to read your chapter. Who is she?

Her circumstances, what she's afraid of, what stage of "before" she's living in.

What do you want her to FEEL by the last page of your chapter?

What do you want her to DO after reading it?

SECTION 6

Building your outline

Now shape your discoveries into the bones of a chapter. You're not writing full prose yet. You're just capturing the beats in order, so drafting feels like filling in a map you've already drawn.

OPENING HOOK

The first image or line that pulls your reader in, often the turning point scene from Section 1.

LIFE BEFORE

Brief context: who you were and what staying the same looked like.

THE CHOICE / TURNING POINT

The audacious decision itself, in vivid detail.

SECTION 6, CONTINUED

Building your outline

THE HARD MIDDLE

What it cost you: the doubt, resistance, or fallout you moved through.

WHO YOU BECAME

The transformation: concrete, specific evidence of change.

THE TAKEAWAY

The wisdom or permission you're leaving your reader with.

SECTION 7

Title & theme brainstorm

Play before you commit. A strong chapter title is specific, a little unexpected, and true to your voice, not just a summary of events.

Working title ideas: write at least three, even the imperfect ones.

1

2

3

In one sentence, what is your chapter really about?

Not the events. The theme underneath them. "This chapter is about..."

Three words you want a reader to use when describing your chapter:

NEXT STEPS

Submission checklist & timeline

You've done the deepest work already. Here's what carries your discoveries into a finished chapter, and the key dates to hold onto.

Before you draft, make sure you have:

- [ ] Completed all seven discovery sections in this workbook
- [ ] A working title you're excited about, from Section 7
- [ ] A clear picture of your reader and the feeling you want to leave her with
- [ ] Your six-beat outline from Section 6, in the order you'll write it
- [ ] Any names, dates, or details you'll need to double-check for accuracy

Key dates

FIRST DRAFT DUE	FEEDBACK RETURNED	FINAL CHAPTER DUE

Questions along the way?

Reach out to Kayelani Vasquez any time. There's no such thing as a small question when it comes to telling this story right.

One last thing before you go.

You have spent these pages doing something most people never do:
looking directly at your own becoming and calling it what it is, audacious.

Whatever you write next will not be your whole story. It will be a window into it,
framed with care, offered to a woman you may never meet but will absolutely change.

That is enough. That has always been enough.



Now go write the chapter only you could write.

With gratitude,

Kayelani Vasquez