

Closure-to-Clarity: Future Vision & Identity Builder

1. What do I want more of in my future relationships (romantic or otherwise)?

2. What do I want less of?

3. What are my new non-negotiables?

4. What did this breakup clarify for me?

5. Write one future affirmation that feels grounded and real:

Identity Statement: Start with “I’m the kind of person who...”

Return to this statement when old doubts or loops resurface — this is your anchor.