Anchor Ritual: Printable Checklist

Use this checklist to physically mark your closure and give your body the signal that it’s safe to let go.

■ Step 1: Choose Your Ritual

- Archive the thread (texts, emails, DMs)
- Burn a note you’ve written to express release
- Delete a shared playlist
- Bury a symbolic object
- Reclaim a space in your home

■ Step 2: Select Your Anchor Phrase

- "This chapter is closed."
- "I release what I thought I needed."
- "I don’t need another answer to move on."
- "This goodbye is for me."
- "I carry the lesson, not the weight."
- Write your own: _____

■ Step 3: Complete the Ritual Slowly

Let yourself feel the shift. Say your anchor phrase aloud or in your head while completing the act. Pause wh

■ Step 4 (Optional): Reflect on What It Meant

Write 1-2 lines about what this act helped you feel or understand:

_____

_____

_____

Reminder: You don’t need another moment of clarity. This is the one that counts.