Clean Slate Ritual Worksheet

(Week 8)

A practice for beginning again—whenever you need to.

Growth happens through a series of new beginnings. Sometimes you're beginning something brand new. Sometimes you're recovering from a setback. Both are beginnings. Both require the same practice: **release and claim.**

Use this ritual whenever you need to begin again—when you've gotten off track, compromised your values, or simply need to forgive yourself and start fresh.

The "release" part can be releasing an old pattern—OR releasing the self-blame for messing up. Sometimes what you most need to let go of is the story that you failed.

Find a quiet space. Give yourself at least 20-30 minutes.

Part 1: Release

What am I consciously letting go of right now?

Part 2: Claim

What am I stepping into right now?

Part 3: Witness

Speak it aloud or read what you've written. Make it real by naming it.

I release:

I claim:

I witness this choice to begin again.

What You're Carrying Forward

This section is specifically for your Clean Slate exercise for Week 8.

It happens to all of us. A year, a month, a decade - down a path you thought was YOURS, and you hit another fork. That's not failure. That's life. That's how this works.

One practice I commit to continuing:

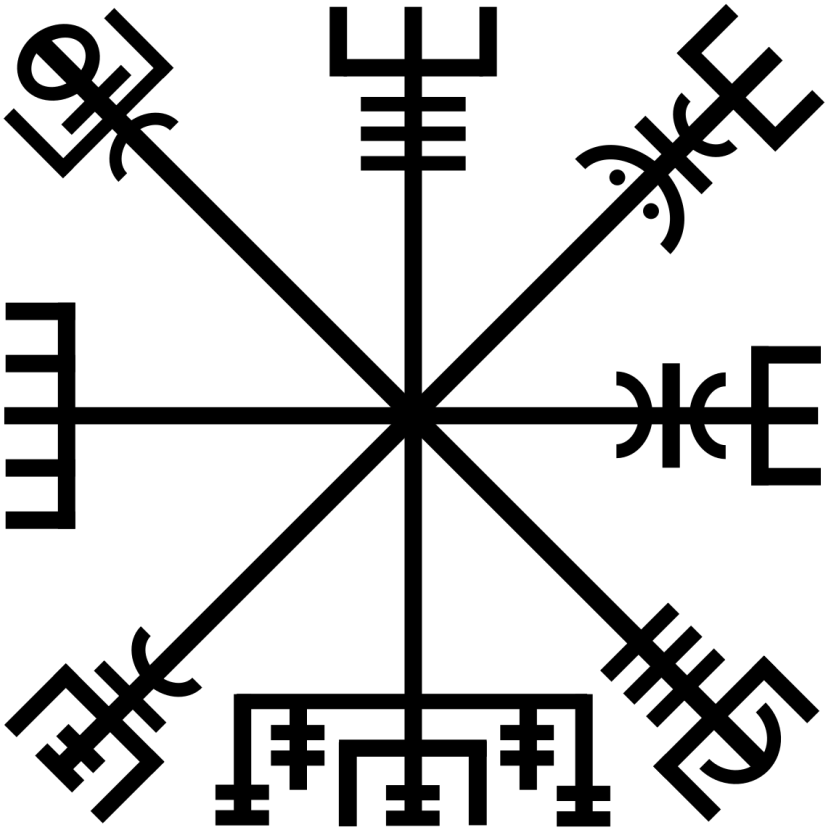
One truth about myself I commit to honoring:

One way I commit to treating myself differently:

When I get scared, stuck, or just plain pissed off, I commit to:

One small, brave step I'm taking this week:

You can return to this ritual whenever you need to begin again.

Beginning again isn’t making up for a mistake—it's how growth works.

This is life.