



TRUST IN YOURSELF  
ALL EMOTIONS ARE BEAUTIFUL  
Manifesto  
BE THE ENERGY YOU WANT TO ATTRACT  
BE THE CHANGE YOU WANT TO SEE IN THE WORLD  
YOU WERE BORN TO  
TO THE MIND  
THE WHOLE UNIVERSE  
& MIND  
LIFE  
BELIEVE IN MAGIC  
YOU ARE  
HAVE A  
DO IT OFTEN  
YOURSELF  
AND LOVE  
The near

# THE BREAKUP TO BADASS RESET RITUAL

A 3-DAY SELF-WORTH AWAKENING

# Welcome

*Hello Lovely,*

You've just made one of the most powerful moves you can make after a breakup—choosing you. This isn't a step-by-step healing checklist. This is a RESET. A return to YOU.

This 3-day ritual is here to help you shake off the past, tap into your inner fire, and realign with your self-worth. Whether you're crying in your bed or dancing in your kitchen, know this: your next chapter starts now - and it's going to be badass! It's time to reclaim your power, one breath, one truth, one ritual at a time.

Let's get started and shift that energy!

With love and sass,

Claudia 

# How to Use This Ritual

## What's inside:

### Day 1

Release the Old –  
Guided journal  
prompts + a simple  
cord-cutting/letting  
go ritual (NLP  
reframing included)

### Day 2

Rebuild the You –  
Confidence check-in,  
mirror work script, +  
“I Am Sassy  
Because...”  
affirmations

### Day 3

Rewrite the Story –  
Future vision  
scripting exercise +  
a playlist for  
dancing your way  
forward

## What You'll Need:

- ✓ Journal or notebook
- ✓ A quiet space
- ✓ Candles, music, and anything that makes you feel grounded

## How to Use It:

- 1 Do 1 ritual per day for 3 days
- 2 Each ritual includes: a short intro, journaling prompts, an energy shift action, and an affirmation for you to say out loud multiple times throughout the day.
- 3 Come back to this guide anytime you need a reset—this is your self-worth sanctuary.

# Day 1

# The *Release* Ritual

## Step 1: Letting Go – Burn the Bullsh\*t

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### Intro:

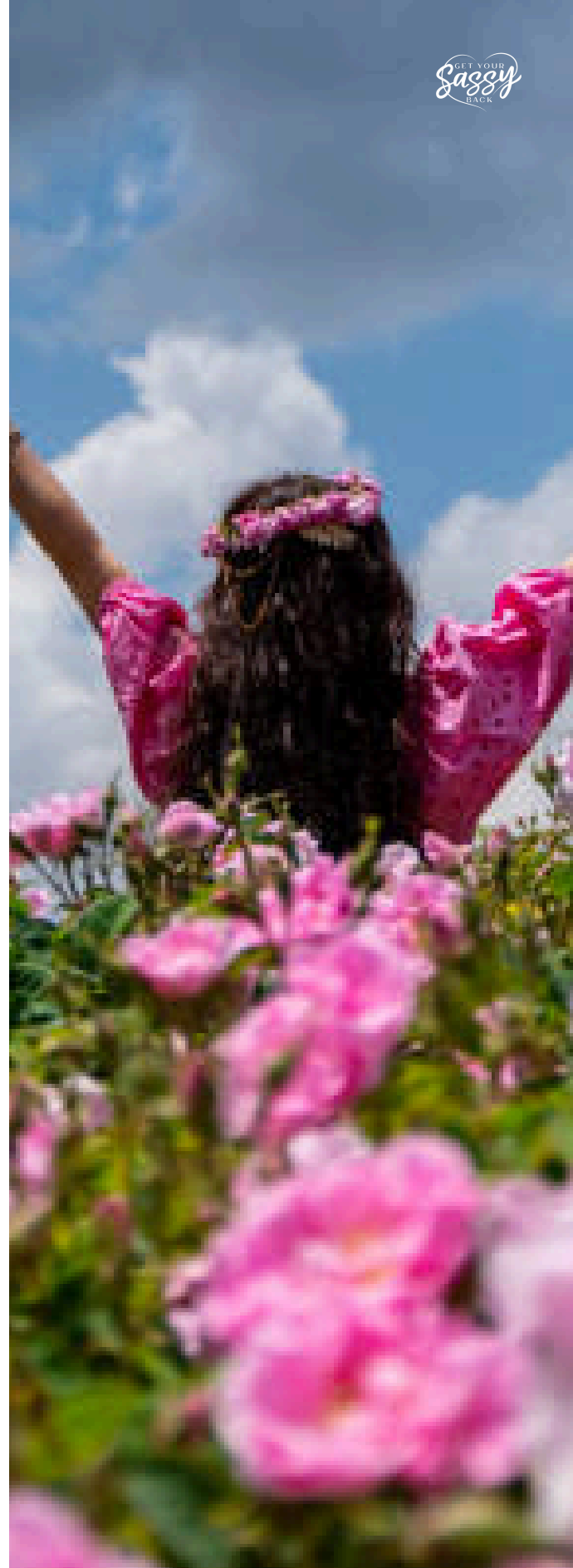
Today is about clearing the emotional clutter. Heartbreak hurts, but holding on to what broke you? That's even heavier. It's time to rage, release, cry—get it all out.

### Journal Prompts:

- ◆ What do I need to release right now?
- ◆ What have I been holding onto out of fear or habit?
- ◆ What does freedom feel like in my body?

### Energy Shift Action:

Write a goodbye letter to your ex, your old self, or a limiting belief—and burn it (safely) or tear it up while playing your favorite power anthem.



### Affirmation:

*"I release what no longer aligns with who I'm becoming."*



*Day 2*

# The *Power* Ritual

## Step 2: Reclaiming Your Inner Strength

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### Intro:

Today we turn the energy inward and remember who TF you are.

### Journal Prompts:

- ◆ What makes me magnetic and powerful?
- ◆ When have I felt most proud of myself?
- ◆ What am I calling back into my energy field today?

### Energy Shift Action:

Stand in front of the mirror, look into your eyes, no turning away, and say 3 things you love about yourself.

Bonus: dance it out!

### Affirmation:

*"My power was never lost—just waiting for me to rise."*

*Day 3*

# The *Rebirth* Ritual

## Step 3: Starting Again on Your Terms

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### **Intro:**

This is your fresh start. No more playing small. Today, you choose what your next chapter looks like.

### **Journal Prompts:**

- ◆ What does the most empowered version of me believe, say, and do?
- ◆ What boundaries will protect my energy moving forward?
- ◆ What do I want to feel more of in my life from today forward?

### **Energy Shift Action:**

Write a declaration of your next chapter and read it out loud under the moon or candlelight.

### **Affirmation:**


*"I am the author of my next chapter—and she is unstoppable."*

# *You Did It!*

You've just completed a powerful reset —most women never give themselves permission to feel it, release it, and rise. And this is only the beginning.

Remember: Your worth doesn't depend on anyone else. You are allowed to take up space, speak your truth, and love yourself wildly.

Come back to this ritual anytime you need to remember who you are.

With love,  
Claudia 

## Need deeper support on your self-worth journey?

If you're craving personalised guidance and know you're ready for real transformation, I'd be honored to support you through one-on-one coaching. Head to my Coaching page and see how we can start your Sassy Self-Worth Rebrand together.

Your next chapter doesn't have to be walked alone—let's get your sassy back, together. ❤️

Want to stay connected and inspired in real time? Come hang out on Instagram:

 @get\_yoursassyback

## Bonus Love Note

Need a daily reminder of who the hell you are? Download & print your [Self-Love Manifesto](#)—a soul-stirring declaration of the woman you're becoming. Hang it on your mirror, your fridge, your altar—wherever you need a loving nudge back to your power. Head to my Freebies page and download your [Self-Love Manifesto](#) now.

Because self-love isn't a moment—it's a movement. ❤️