

BREAKUP CLEANUP CHECKLIST

Breaking up is never easy, and it often leaves you with reminders of your past relationship. To help you move forward and create a fresh start, here's a breakup cleanup checklist to assist you in clearing both physical and emotional clutter:

- **Gather Personal Belongings:** Collect any items that belong to your ex or that remind you of the relationship. Return or arrange for your ex to collect their belongings.
- **Clean and Organize:** De-clutter your living space by removing objects related to your ex. Consider rearranging furniture or redecorating to create a fresh environment.
- **Remove Digital Triggers:** Delete texts, photos, and emails associated with the relationship. Unfriend or unfollow your ex on social media to limit exposure.
- **Restore Personal Space:** Wash or replace bedding, towels, or other shared items to refresh your surroundings. Dispose of or put away items tied to shared experiences or memories.
- **Update Contact Lists:** Remove your ex's contact information from your phone and email. Update your emergency contacts with trusted friends or family.
- **Emotional Processing:** Spend time journaling about your feelings and thoughts regarding the breakup. Allow yourself to grieve and accept the range of emotions you may be experiencing.
- **Seek Support:** Talk to friends or family about your feelings or consider speaking with a therapist or breakup coach. Connect with people who can provide emotional support.
- **Forgiveness and Closure:** Work on forgiving your ex and releasing any lingering resentment or anger. Write a letter (that you don't have to send) expressing your thoughts and feelings.

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- **Create a Vision for the Future:** Reflect on your goals, aspirations, and what you want in your life moving forward. Set new personal and relationship goals to motivate yourself.
 - **Self-Care and Self-Compassion:** Establish a self-care routine that focuses on your physical, emotional, and mental well-being. Show yourself kindness and compassion, acknowledging that healing takes time.
 - **Reconnect with Yourself:** Rediscover hobbies and interests you may have set aside during the relationship. Focus on self-discovery and personal growth.
 - **Celebrate Progress:** Acknowledge your achievements and the steps you've taken toward healing. Plan a self-love celebration to mark your journey forward.

Remember, healing is a personal process, and it's essential to be patient with yourself as you work through your breakup. Use this checklist as a guide to help you regain your emotional and physical space, and to start anew on your path to healing and personal growth.

Coach Court