



Release the Anchor

A RELEASE & RESET EXERCISE

You can't sail toward a new destination
while dragging yesterday's anchor.



BEFORE YOU BEGIN

Every successful Realtor has a past.
Deals that fell apart.
Calls that weren't made.
Opportunities that slipped away.
Months that didn't go as planned.
Dreams that took longer than expected.

The goal of this exercise isn't to pretend
those things never happened.
The goal is to release the emotional
weight you've been carrying so you can
move forward with clarity, confidence,
and purpose.

*Write honestly. No one else
will read this. Don't edit
yourself. Just let it out.*



WHAT AM I READY TO RELEASE?

COMPLETE AS MANY OF THESE AS YOU'D LIKE.

I release...

I forgive myself for...

I no longer want to carry...

I'm tired of believing...

I've been holding onto...

The story I've been telling myself is...

The mistake I keep replaying is...

The comparison I need to let go of is...

The fear that's keeping me stuck is...

If I truly believed I was enough, I would stop...

What would I say to the version of myself who was
simply doing the best they could with what they
knew at the time?

YOUR RELEASE RITUAL

When you've finished writing, read it one
last time. Take a deep breath.

*Then choose a way to
physically release it.*

-  Tear it into pieces.
-  Burn it safely.
-  Shred it.
-  Throw it away.

The method doesn't matter.
The decision does.

As you let it go, simply say:

"I release what no longer serves me,"

I carry the lessons forward,
but I leave the weight behind."



Release the anchor...





From This Day Forward

A NEW CHAPTER. A NEW COURSE.



Today marks a new beginning.
*You are not rewriting your past.
You are choosing your future.*



FROM THIS DAY FORWARD...

I choose...
I believe...
The Realtor I am becoming...
I will no longer...
Instead, I will...
When fear shows up...
My clients deserve someone who...
The habits that define me are...
The conversations I'll start having are...
I trust myself to...
Success means...
The life I'm creating looks like...
One year from now I'll be grateful that today
I decided to...

A LETTER FROM MY FUTURE SELF

Close your eyes and picture yourself one year from today. You've stayed consistent. You've taken the actions. You've become the Realtor you set out to be. Now, write a short letter from that future version of you to your present self. Thank you. Encourage yourself. Remind yourself what's possible.



You've got this! Stay the course.

MY NEW IDENTITY

Beginning today...
I am the kind of Realtor who...
I show up by...
I serve people through...
I create opportunities by...
I build my business through...
I measure success by...
I trust that...

MY COMPASS COMMITMENT

One action.
One conversation.
One note.
One appointment.
One step.
That's enough for today.
Small actions, repeated
consistently, change lives.



SIGN & DATE

Today's Date:

My Commitment:

Signature: _____

We can't direct the wind,
but we can adjust the sails....

Stay the Course.

— Barbara Legg

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