

HOW TO CREATE Your Personal Transformation Ritual



*A simple guide to celebrating life
transitions to move forward and leave the
past behind.*

BY MARDI WINDER-ADAMS



Introduction

Life transitions like divorce, loss, or major changes can leave us feeling unmoored. A transition ritual helps you honor the past, make space for healing, and step into your next chapter with intention. This workbook provides a gentle, reflective structure based on the phases of the process outlined by William Bridges in his book “Transitions”.

William Bridges identified three key phases of any transition:

- 1. The Ending – Letting go of what was.*
- 2. The Neutral Zone – The in-between space where new possibilities are forming.*
- 3. The New Beginning – Embracing a new identity or direction.*

Phase 1 The End

Every transition begins with an ending. It may seem counterintuitive, but in order to move forward, we need to acknowledge and release what is no longer serving us. This phase can be emotionally intense because it involves letting go, not just of people or circumstances, but also of roles, identities, beliefs, and dreams that have shaped how we see ourselves. Endings often trigger a mix of emotions such as grief, anger, fear, guilt, or even relief, and all of these are valid.

By allowing ourselves to fully experience these feelings without rushing to fix or avoid them, we begin to process the deeper meaning of the change. Taking time to consciously mark this ending with a personal ritual or reflective practice can create a sense of closure and help us step into the next phase with more clarity and intention.



Phase 1 The End

Reflection Prompts:

- What are you leaving behind?
- What do you need to grieve or honor?
- What symbols, words, or images come to mind when you think about this ending?

Suggested Exercise: Write a goodbye letter or create a symbolic release ritual (e.g., letting go of an object, lighting a candle, or writing something in sand or water).

Phase 2 The Neutral Zone



This is often the most uncomfortable part of the transition. You are not where you were, but you are not quite where you are going either. It is a space of uncertainty, but also one of great creativity and self-discovery. Without the structure of the old life and before the clarity of the new one takes shape, many people feel lost, unmotivated, or emotionally drained. This is a natural and necessary part of the process. In this in-between space, your nervous system is recalibrating and your identity is shifting. It is also a fertile time for experimentation, reflection, and exploring new possibilities without the pressure of immediate decisions.

If you can resist the urge to rush through this phase and instead allow yourself to be curious, compassionate, and open to what arises, the Neutral Zone becomes a powerful space for internal growth and transformation.

Phase 2 The Neutral Zone

Reflection Prompts:

- What emotions are present for you right now?
- What would it look like to simply 'be' instead of 'do'?
- What support systems can you lean on during this time?

Suggested Exercise: Choose a grounding practice (e.g., journaling, meditation, nature walks) and commit to it during this period.



Phase 3

The New Beginning

New beginnings emerge when we're ready to embrace what comes next. They are not always big or dramatic. Often, they start with small decisions and new perspectives. A new beginning might look like setting a healthy boundary, exploring a new interest, or simply showing up differently in a familiar situation.

These small shifts signal a deeper alignment with who you are becoming. While this phase often brings renewed energy and hope, it can also feel vulnerable because it requires stepping into the unknown with trust. There may still be moments of doubt or fear, but each step forward helps build confidence in your new path.

Embracing a new beginning means giving yourself permission to grow, to try, and to believe that you are capable of creating a life that feels authentic and meaningful.

Phase 3 New Beginnings

Reflection Prompts:

- What values do you want to carry forward?
- What does your ideal future look like?
- What strengths have you discovered in yourself?

Suggested Exercise: Write a declaration of your new beginning. Include intentions, values, or one symbolic act to represent your next step.

Your Personal Transition Ritual Blueprint

1. What are you letting go of?

2. How will you acknowledge this release (be specific)?

3. Who will support you?

4. What symbolizes your new beginning?

5. When and where will you hold this ritual?

About Me



I'm Mardi Winder-Adams, a Certified Divorce Transition and High Conflict Divorce Coach, Mediator, and Board Certified Executive and Leadership Coach (ICF and BCC). I'm also the host of The D Shift podcast and Real Divorce Talks, where we explore real conversations, practical strategies, and empowering insights to help people move through divorce and into the next chapter of life with clarity and purpose.

For over two decades, I've supported individuals facing profound change. I know that divorce is one of the most emotionally and mentally demanding transitions you can face. That's why I offer confidential, one-on-one coaching programs designed specifically for high-achieving women and men who are navigating the complexities and day-to-day realities of divorce. Whether you're feeling overwhelmed by the legal process, struggling to communicate with your ex, or trying to stay grounded while your world shifts around you, I'm here to help you find clarity, regain your confidence, and move forward with strength.

This work is personal to me. I've walked through these kinds of transitions myself, and I believe that with the right tools and support, you can turn even the most difficult ending into a powerful beginning. You don't have to do this alone.

To book a complimentary divorce strategy session:

<https://mardiwa.as.me/divorcestategysession>

A handwritten signature in black ink that reads "Mardi". The signature is fluid and cursive, with a long, sweeping tail on the letter 'i'.

*“We admire the
butterfly’s beauty without
acknowledging the
changes it underwent to
achieve it”*

~Maya Angelou

