

THE PHOENIX CHECKLIST

10 THINGS TO DO WHEN
EVERYTHING FALLS APART



You're not broken. You're becoming.



Hey sacred soul,

First of all—thank you. Not just for downloading this checklist, but for showing up.

If you're here, it means life or business (or both) have been through the fire lately. And maybe you're standing in the rubble, wondering what the next step is.

Let this be your starting point.

These 10 things helped me rise again—not by pushing harder, but by rebuilding softer. This isn't about perfection or hustle. This is about your legacy, your healing, your voice, and your power.

Some of these are practical. Some are emotional. All of them are sacred.

Take what you need. Leave what doesn't resonate.

But above all—remember:
You're not broken. You're becoming.

Let's begin. 🔥

With love and rebellion,

Anne Cross

1 Stop Pretending You're Okay

This is your permission slip to stop performing strength. Rest is rebellion. Honesty is holy.

2 Grieve What You Thought It Would Look Like

Mourning the vision you had doesn't mean you've failed—it means you're honoring the shift. The rebuild needs space, not shame.

3 Audit Your Energy Leaks

Who/what is draining you right now? Leaky boundaries, endless scrolling, relationships that no longer fit? Plug those leaks first. Your power is precious.

4 Name the Damn Fire

Journal it. Voice note it. Rage-walk about it. Get honest: What broke? What burned? What's begging to be reborn?

5 **Find the Lesson—but Don't Force It**

You don't have to turn your pain into a productivity plan. The meaning will come. For now, just witness the ashes.



6 **Speak (or Write) Your Truth Publicly**

There's someone watching you right now, quietly wondering if they can survive their own breakdown. Show them how sacred the rebuild can be.

7 **Let Your Brand Evolve With You**

You are not obligated to keep showing up as the past version of you. If your messaging, aesthetic, or voice has changed—good. That means you're growing.



8 **Sell From the Scar, Not the Wound**

When you're ready, share what helped. Not from a place of "I'm still drowning," but from "Here's how I started swimming again." This is how trust is built

9 Create Before You Feel Ready

Start messy. Start real. Don't wait to be perfectly healed. Healing and building can happen at the same time.

10 Anchor Into Your Legacy

Ask: "What kind of woman do I want to be known as when the dust settles?"

Build for her. Post for her. Price for her. She's your next level.



Ready to Rise?

THIS IS FOR THE WOMAN WHO
IS DONE JUST SURVIVING
AND IS READY TO REBUILD.

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