



## The Breakup Plan

*Exit client relationships or business commitments with clarity, integrity, and (almost) zero regret.*

# G A E L I X

# The Breakup Plan

You have something you know you need to end. Use this worksheet to get the emotions out of the way and build a clear, actionable plan for your exit.

**PART 1: THE REALITY CHECK** Before you plan the exit, you have to be honest about what it's costing you to stay.

1. What is the commitment, project, or relationship you need to end?

2. The Values Trap: What is the "good" thing that is keeping you stuck?

3. The Real Cost: What is holding on actually costing you?

**PART 2: THE 5-STEP BREAKUP PLAN** This is where you design your exit with integrity.

Step 1: What does the end look like?

Step 2: How will both parties know it is time? What's the signal?

Step 3: How will you have the conversation?

Step 4: What support will you offer on the other side (if any)?

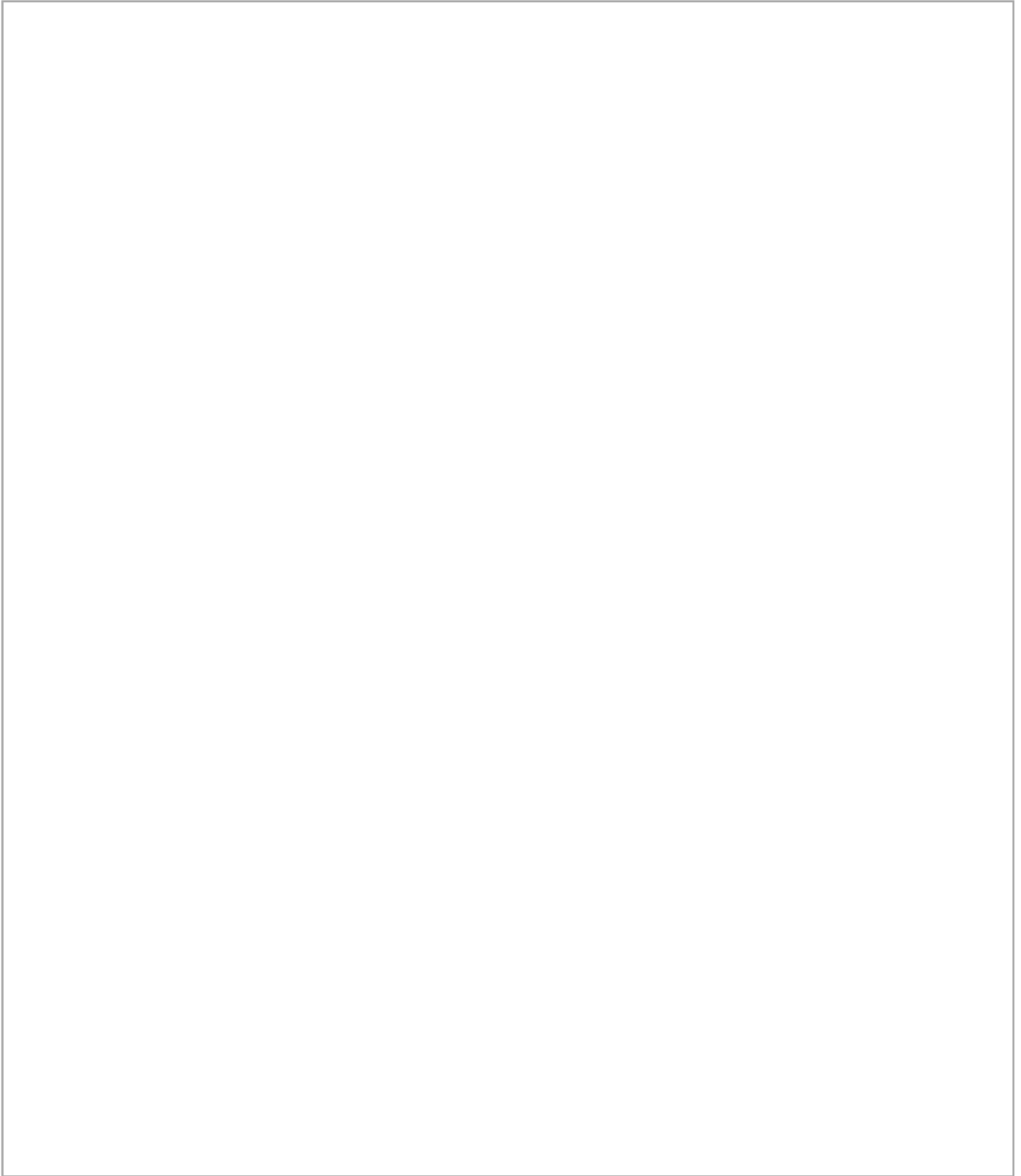
Step 5: What are you keeping?

**PART 3: THE AFTERMATH** Letting go is a bold move. What becomes possible when you finally do it?

When this is over, I will finally have the space to:

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## NOTES

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