

## Break Down & Burn

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A Soul Composting Practice to Let Go and Light Up What's Holding You Back

"Don't judge my story based on the chapter you walked in on."

Created by @StartANew2025

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INTRODUCTION: THIS AIN'T A RITUAL. THIS IS A RELEASE.

You ever reach that point where you just \*can't\* hold it anymore?  
Where your chest is heavy, your throat tight, and your spirit tired?

That's not weakness. That's a signal. A call to \*break down and burn.\*

This practice is for the weight you're done carrying.  
The stories you're tired of repeating.  
The pain that no longer gets to define you.

This is where you let it rot.  
Where you light it up.  
And where you make room for something real to rise.

Because here's the truth:  
People want the bloom but never ask about the soil.  
They praise your glow-up but never saw you in the dark.  
You don't get the flowers without the rot.  
You don't grow without care.

This is your permission to give yourself that care.  
To fall apart, for real this time.  
To burn the story and bloom anyway.

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## JOURNAL PROMPTS: LET THE TRUTH FALL OUT

Take 10 minutes. No filter. No fluff. Just you and the page.

1. What's been sitting heavy in my chest?
2. What story about myself am I ready to burn?
3. Who or what do I need to let go of?
4. What am I pretending is okay that really isn't?
5. If I let this go, what might grow in its place?

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## THE PRACTICE: BREAK DOWN & BURN

You'll need:

- A quiet space
- A piece of paper and something to write with
- Fire (candle, lighter, etc.) or a safe alternative (rip it up, bury it, flush it)

### STEP 1: NAME IT

Write out what you're letting go of. Every messy, honest word. Start with:

"I am letting go of..."

### STEP 2: SPEAK IT

Read what you wrote out loud. Whisper it. Scream it. Just get it out.

### STEP 3: BURN IT

Light it up. Or rip it. Or bury it.

Whatever release looks like to you—make it real.

As you do, say:

"I release this. I return it to the earth. I make space to begin again."

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## AFTERCARE: COME BACK TO YOURSELF

- Drink water
- Breathe deep
- Move your body
- Do something kind for yourself

Write this down:

"I'm not broken. I'm composting. And something beautiful is already growing in me."

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 STAY CONNECTED

Tag @StartANew when you do your Break Down & Burn.

Share your growth. Share your truth.

You never know who needs your story to unlock their own.

This is just the beginning.

Let it rot. Let it rise. Let it burn.