Our Goodbye Ritual

Build Your Own Goodbye Ritual

Same four steps work for any ritual — fill in your own words and actions below.

For: _____

1

Say It

One phrase, every time

_____

2

Do It

One special move, every time

_____

3

Hand Off

Pass them to their grown-up

_____

4

Go

Leave — don't come back to check in

_____

Pick your own four steps, then keep them exactly the same every time.