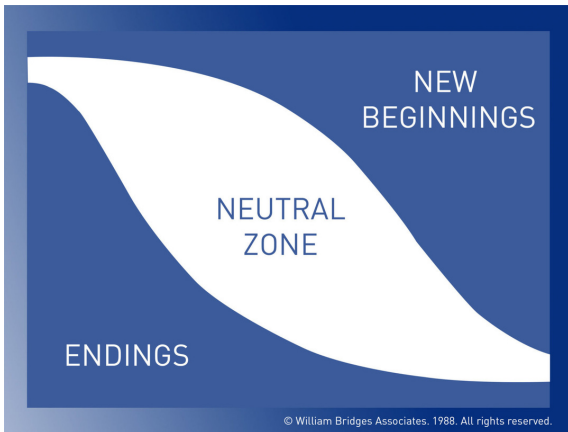


TRANSITION *worksheet*



A transition can be explained as a 3-phase process people go through as they internalize change. It begins with an end of an era, progressing into a neutral zone, and finally embracing new beginnings.

Use this worksheet to reflect on each of the 3 phases of your personal transitions. Included are a few suggestions to follow for each phase.

Source: Managing Transitions, William Bridges

OLD ERA

How can you symbolize the end of an era?

- 1- Reflect and honor your losses
- 2- Make a list of what you're grateful for
- 3- Think about a lesson you learned and will carry forward

NEUTRAL

What is most important to you?

- 1- Restore your mind, body and soul
- 2- Practice mindfulness and grounding
- 3- Notice patterns without judgement

NEW ERA

How can you celebrate new beginnings?

- 1- Identify this state of being as the 10x version of yourself
- 2- Recalibrate your boundaries
- 3- Share your beginnings with the world
