



Tips For Transitions

1. Remind yourself this situation won't last forever. Practice shifting from fear to hope. Fear of being stuck is because we can't think of more than one option. Keep asking, "What could you do in this situation? What else could you do? Let yourself begin with the easiest thing to do, not the challenging one. Hope will rise with choices. You won't feel so trapped.
2. Ask yourself, "What thoughts are useful and not useful? What things are you doing that are useful and not useful?"
3. Take a quick inventory of your week. How much time are you giving to creativity, friends, partner, financial updates, spirituality, health and wellness, and career? Is it five minutes or 20 in a week for each area? You will see what longs for attending and what might stay the same.
4. Ask yourself five times in a day, what would be fun? You usually ask once and think that gives clarity. Research says five times.
5. Give yourself two choices when you are making a decision, do you want to go out of town to meet your friend today or do you want to do that next week?
6. Pause for clarity and breathe. Breathing is calming. You hear that all the time because it works.
7. What would you do if you never got paid to do it?
8. What lifts your spirits? Who lifts your spirits?
9. Give yourself four months to explore new ideas, books, mentors, research, workshops, etc.
10. Ask for help. Let being awkward be OK with you.
11. Check in with yourself daily: What are you thinking about? How are you feeling? What do you need today? No one knows you better than you do, so listen to yourself.

12. How do you practice your intuition? Ask a question. Listen for the answer.
13. What advice would you give someone going through a major life difficulty?
14. In order to build your courage, step a little out of your comfort zone. Take a baby step. It is normal to build and collapse and begin again.
15. What compliments have people said about you? Write them down.
16. Do less, not more, when in a transition.
17. Grieving is unique for each person. Self-care in ways that heal you, not in ways others think for you. For example, if you don't want someone staying with you, then say no thank you. People in pain don't want to lead or tell you how to help them. If you are helping with someone's healing, you make suggestions of what you can do to help, like make phone calls for them or do the marketing.
18. Pray. Keep it simple. Just connect to something more than your personality.
19. Get outside.
20. Listen to music for a lift and to invoke feelings.
21. Choose something that soothes you. For me it is taking my left hand and stroking my right arm, saying, "You will be OK, you will be OK, this will pass, you will be OK."
22. You want to get to know yourself better. Make the time to be with you. Build your inner world of resources by asking questions and listening, meditating, praying, being in quiet, walking, gardening, swimming, biking and the arts. Solo is not a punishment.
23. Truth is we are all guessing what might be next. It is a trial and error journey. Key is to begin something. You get to change your mind. You are adults.
24. Stay in touch with your values and live your life with that awareness.
25. When you are dealing with loss, only do what you have to do that day. Loss magnifies other losses. Weep when you feel like weeping. Practice seeing what is in the room right in front of you, a window, and a picture. This helps you be in the present moment and diminishes fear.
26. We all simply want to be happy and have more ease. Give yourself permission to be happy and to know happiness is a good life.

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Change is inevitable. Get Ready. Get Support. Life transitions need a hand to hold.