

Moving Forward Through Transitions:

With every change comes a process of transition. **Change** is what is going on outside of you while the **transition** is what is happening inside of you (thoughts, feelings, changes in behavior.) Below are some steps to help you move through this transition to optimal health as you do your program. Fill this out and post it so you can look at it every day. It really helps to see it rather than just have these ideas swirling around in your head.

- **Step 1: Set Your Intention:**

Write a statement that clearly defines the circumstances and your intention.

What around me is changing? What transition do I have to make?

- **Step 2: Assess Your Resources:**

What strengths do I bring that will help me through the transition?

(e.g. "I'm determined" "I'm committed" "I'm optimistic"

Which traits of mine may make this difficult as I move through this transition? (e.g. "I get deflated easily" "I get over-confident" "I get bored" etc)

What can I do about this?

- **Step 3: Assess the Stress in Your Life:**

What stressful circumstances am I facing now? What effect will each have on my making this transition?

