



LEAN INTO YOUR SHIFT

*An Essential First Steps Transition
Survival Guide*

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\$#!%t happens, right??!!!

You know, life is going along well and then, out of the blue, you receive a phone call, text, email, IM, visit, letter, box, or any of a hundred ways someone can communicate with you THAT changes your path forever. Or, you decide to take Path A, but the road on Path A is now untravellable, and you have NO CHOICE but to take Path C. And Path C is miserable. Sounds familiar?

Many people have found themselves in situations such as a job, financial, or relationship changes that happens well into their 40s and 50s, at a time when most people just want to ease into their senior years with the status quo. In my situation, I made a big jump from the security of stable professional associations to working in a dysfunctional department at a community college. Unfortunately, after a few months on the new job, I got what I wanted in terms of social interactions, a shorter commute, different sets of challenges, but some of what I gave up from the previous job felt like heaven (i.e. stability, predictability and harmony) compared to what I had gained, including stress, anxiety, and confusion. I was holding onto the attitudes, processes, and work style that previously worked great.

So why read this guide when change is going to happen, and you will get through it like previous times? It is because you need to recognize that you are encountering some uncomfortable triggers. It is also because I can offer you help based not just on the life coaching certification including countless hours learning to become an expert in understanding life transitions but from my personal experience transitioning through career changes, starting a new business, and now from single mom to empty-nester. It has provided the sound experience to add to the education. I offer a prescription of positivity that focuses on helping you take practical steps to growing and glowing out of your season of change.

"Those times of transitions are great opportunities to look for recurring patterns in your life and make adjustments to build on the good and reduce the bad." Dan Miller

Situation

You've just come back from an awesome 10th work anniversary luncheon at your job. Everyone who attended is laughing and congratulating you for only having another five years before you run out the door with your pension. Upon your return to your desk, you find a note to please see your director as soon as possible. Could it be a layoff you heard whispers about or a big promotion that you didn't ask for? Never less, you are about to get news that may send you far off the path you planned for your life. How would you handle the news either way?

As she stated, "the betrayed trust of working hard all of those years with a company only to be told you were now dispensable was (and is still devastating). Being without a cushioned savings account was difficult, especially being over 45, starting to deal with some health challenges, and feeling the fear of losing important benefits." Does this sound familiar?

So, we'll call her Barbara. I met her at small business conference. After 16 years with her company, she was let go. She received six months' severance which was quickly running out when we met.

When inquiring about the small business event and how entrepreneurship was where she landed, she simply stated, she had been in a blur and couldn't figure how she got where she was nor how to get back to her place of comfort.

I asked her, "what if this is your new place and you have to learn to be uncomfortable until you make this comfortable?" She was clueless but felt it was better than sitting around watching TV all day.

In the highly acclaimed book, *Transitions: Making Sense of Life's Changes* by William Bridges, it is stated that "during transitions, your energy and subconscious shifts to the area that needs it most."

In the case of Barbara, her safety net and comfort zone were removed and as much as the rebuilding of those to other areas should have been priority, her healing and coming to terms with her new normal were standing in the way of the progress. By the way, the entrepreneurship thing turned out NOT to be her thing because "it would have taken a big mind shift to be successful."

Has that happened to you? You decided to do something different in your career, finances, or personal relationships that went so sour and now you don't trust your next decision? Or you recognize that your next move is out of a desperate need for a solid financial situation, but you feel like you've jumped from the boiling pot to the fire?

Transitions Aptitude Assessment

To determine how you'd handle your difficulty or confusing transition, please take this quick assessment to measure your current ability to move through life's challenging and sometimes unexpected changes using statements that identify five core values needed to do so.

For example, some people will find that they have an easier time taking new risks and dealing with the outcome of their choices. Others may experience extreme fear, anxiety, and stress.

1. Choice
2. Chance
3. Change



Please provide responses to each statement by ranking from 1 to 5: 1 (strongly agree/likely) to 5 (strongly disagree/unlikely).

1. I do not believe that past situations are predictors of the future.
1 _____ 2 _____ 3 _____ 4 _____ 5 _____
2. I am willing to step out of my comfort zone to take a risk to generate more income or find my perfect partner.
1 _____ 2 _____ 3 _____ 4 _____ 5 _____
3. I recognize that I learn from mistakes, so I am not afraid to make more mistakes if it helps me reach my goals.
1 _____ 2 _____ 3 _____ 4 _____ 5 _____
4. I survived a failure or big embarrassment and know I will survive the next one.
1 _____ 2 _____ 3 _____ 4 _____ 5 _____
5. If a situation is presented to me, I assume the best outcome instead of the worst.
1 _____ 2 _____ 3 _____ 4 _____ 5 _____
6. I believe that most of the things that are not going well in my career or family situation are fixable.
1 _____ 2 _____ 3 _____ 4 _____ 5 _____
7. When I look at my life, although I have my moments when I am unmotivated to change, I understand the change can be gradual and do not feel I have pursue an all or nothing path.
1 _____ 2 _____ 3 _____ 4 _____ 5 _____
8. I recognize that most issues are not black and white but gray, so I don't assume most situations are all or nothings situations.
1 _____ 2 _____ 3 _____ 4 _____ 5 _____
9. When I am faced with a challenging situation, I lean to the positive people in my circle.
1 _____ 2 _____ 3 _____ 4 _____ 5 _____
10. I understand that I can do nothing initially, review the choices assessing the negatives and positives on each option before deciding
1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Results

If you've scored 25 or more, it may be challenging to get through the transition you are facing (especially if you don't have the motivation to do so). The plan to "get back out there and do something different" but at your own page understanding that there are no assurances. However, with an accountability partner supporting you to gracefully ease into a new normal of life or even to understand how you got to the place where you are in first place, you will reduce the anxiety and gain clarity about your next steps.

SEVEN EASIER STEPS TO MOVING THROUGH A CHALLENGING TIME

To help you work through your life stage fright and confusion or when you are having great difficulty adjusting (much less motivating yourself to find the immediately push towards a specific path):

1. Write down at least three things you want to come to terms with about your current situation.
2. Name three strengths/weaknesses that you see in yourself overcoming related to each of the three strengths and weaknesses of your current situation.
3. Go to God, the Universe, Buddha, or other to bring clarity or focus to the situation through morning and nightly prayers or affirmations.

*Heavenly Father, thank You for Your guidance. Forgive me for getting ahead of Your plans and help me know when to stop and listen for Your direction. Your ways are perfect, Lord. Thank You for offering gentle grace. In Jesus' Name, Amen. - **Kristine Brown***

4. List three options (including delegating an option) you could implement that provides you with some progress but also time.
5. Develop your own realistic timeline and step and take just one action (no matter how small but just do it).
6. Make yourself of cup of tea and meditate on how that action worked. How did it feel? Was there something you could have done better, or did it go great? What can you do to replicate and apply it to your next life action? If you don't learn something important through the transition, you WILL repeat the lesson.
7. Write it down and when ready, launch the next one (and then wash, set, and repeat).



Summary

Transitions or changes, whether we perceived them as good or bad, are parts of our lives. We will have to experience new things in a new way that will move us from where we are to where we will need to be. They push us out of our comfort zones, sometimes falling first and then, fighting through unfamiliar territories and challenges before we are forced to set a new way of thinking or being or living. What if you could get through that process utilizing a positive and lasting change in your mindset?



Resources:

Finding the Motivation to Change: Become the person you want to be by positively engaging who you are now. <https://www.psychologytoday.com/us/blog/making-change/201710/finding-the-motivation-change>, Posted Oct 10, 2017

8 Tips to Help You Thrive During Life Transitions. <https://www.thriveglobal.com/stories/18785-8-tips-to-help-you-thrive-during-life-transitions>, posted December 19, 2017

5 Creative Ways to Deal with Life Transitions. https://www.huffingtonpost.com/kingsley-grant/5-creative-ways-to-deal-with-life-transitions_b_9664204.html, April 18, 2016

<https://www.crosswalk.com/faith/prayer/5-prayers-for-guidance-receive-god-s-direction-and-wisdom.html>

Managing Transitions : Making the Most of Change, Bridges, William and Susan Mitchell Bridges, Da Capo Lifelong Books, , 2016



Hi!

Thank you for taking the time to visit my website and access this free guide. I am a certified life transitions coach who specializes in this area through research, education, and just living and learning. Life coaching provides you with an unbiased perspective to help you better determine your next course of action, life decisions, and to cope with any sort of transition you are facing. Let me help and guide you as your work to put your life in context. Set up your complimentary discovery session now at www.N2Positivity.com and mention this guide to receive 25% off your first month's session.

Thank you,

Janice

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