

# STAGES OF TRANSITION

From *Circle of One: The Art of Becoming a SELF-Centered Woman*  
by Deborah Roth, MA

## RELEASE

Endings

(Resistance~~~Relief)



## RETREAT

Exploration...inner & outer

(Chaos~~~Stillness)



## REBIRTH

New Beginnings

(Overwhelm~~~Commitment)

For more information on life & career transition coaching, contact:

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# Navigating Life's Big Changes Worksheet

My big life change \_\_\_\_\_

## 1) Release ~ Get Unstuck

Questions for reflection & journaling

- ❖ What am I glad to be leaving behind? \_\_\_\_\_
- ❖ What will I miss? \_\_\_\_\_

Focus on your strengths – List top 5 strengths/gifts/skills

Ritual ideas for Endings

## 2) Retreat ~ Get Focused

Questions for reflection & journaling

- ❖ What continues or remains constant? \_\_\_\_\_
- ❖ What can I do now that I couldn't before? \_\_\_\_\_

Practice Sacred SELF-centeredness through radical self care – what can you do:

mentally \_\_\_\_\_ physically \_\_\_\_\_  
emotionally \_\_\_\_\_ spiritually \_\_\_\_\_

Ritual ideas for Exploration

## 3) Rebirth ~ Get Moving

Questions for reflection & journaling

- ❖ Who do I need to be to move forward powerfully? \_\_\_\_\_
- ❖ What am I most grateful for? \_\_\_\_\_

Create a "treasure map" or collage OR Write down ideal life/work vision:

<u>Must-haves</u>	<u>Wouldn't it be nice</u>	<u>Absolutely not!</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

Ritual ideas for Commitment

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### RESOURCES:

Circle of One by Deborah Roth (to get your copy go to: [www.SpiritedLiving.com/co](http://www.SpiritedLiving.com/co))

*Transitions and Managing Transitions* by William Bridges

*The Seasons of Change* by Carol McClelland

*Finding your own North Star* by Martha Beck