

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #36

*How to
Navigate
Transitions*

“Change is situational. Transition, on the other hand, is psychological. It is not those events, but rather the inner reorientation or self-redefinition that you have to go through in order to incorporate any of those changes into your life. Without a transition, a change is just a rearrangement of the furniture. Unless transition happens, the change won’t work, because it doesn’t ‘take’.”

— William Bridges *Transitions: Making Sense of Life’s Changes*

WHAT IS “TRANSITION”?

- *The process or a period of changing from one state or condition to another*
- *A change in one form or type to another, or the process by which this happens*
- *A link between ideas or sections in music or literature*

- *“The psychological process of adapting to change” - William Bridges*

- *A process of becoming - Fawn*

Helpful Examples:

- Caterpillar to butterfly
- The connective story that weaves together scene to scene in TV or film
- Parts of a song - chorus, bridge, interlude, key change
- A good DJ Mix:)
- Sunrise, sunset (dawn, dusk)
- Phases of the moon
- Seed → sprout → stalk → flower

Transitions are:

- Natural
- Necessary
- Growth phases
- Happen *dozens of times a day!*

TRANSITION TIPS, TOOLS, and CONSIDERATIONS

1. Start 'high-level' and begin to create a map:

- a. **Where are you now?**
- b. **Where do you want to be?** / where are you going / what is on "the other side" of the change?
- c. **This can be specific or broad:**
 - i. *I'm unhappy and I want to figure out my "Hell YES!" Life (broad)*
 - ii. *I want to quit my job by October 1st and take some time to myself (medium)*
 - iii. *I want to quit my job, put everything in storage, and travel through Thailand for 4 months with a plane ticket for October 1st (specific)*

2. Then, explore what the *logistical* steps are to get from "Here" to "There":

- a. **What preparation is needed or will be helpful?**
 - i. Savings, timeline, building muscle, downsizing, auditioning, etc.
 - ii. Plans
 - iii. Conversations
 - iv. Support squad
- b. **Logistics and action steps** (saving \$, talking to boss, resignation, hire Purpose Coach:) buy plane ticket, hire moving van, etc)
- c. **If helpful, use the "future remembering" approach:** imagine yourself in the *ideal* outcome that you are desiring, best case scenario. Then, imagine yourself "looking back" at how you made it happen, how you got there. What steps did you take? What opportunities did you create or take advantage of? What kinds of people did you meet and connect with?
- d. **Strategized or "Emergent"** - Specific plan or improvisational?
- e. **Honoring what *was* and closing the chapter** - writing, sharing, holding ceremony, mourning (if needed), thanking, reflecting on what was learned

f. **Letting GO** - can't be in *both* realms, you have to "jump in order to land"

3. WHO DO YOU NEED TO BE OR BECOME ALONG THE WAY?

a. **"Guided" or "Gooney":**

- i. Do you need to be focused and disciplined, or open-ended / go with the flow?

b. **Evolving or "New" version of YOU:**

- i. What are "her" thoughts, beliefs, attitudes, mindsets? How does she 'show up'? What is her way of being like?

c. **Focusing on the NOW** - not spinning out over what was or what 'might' be.

- i. What do you find yourself thinking/worrying/dwelling on/ruminating about that is *outside* of the NOW?

d. **Locus of control:**

- i. What is within your ability, control, or volition? What is not? How can you be mindful of what is outside of your control, and bring awareness back to your what *is*?

e. **Aligning with VALUES, abundance (vs. scarcity) and an "I can handle it" attitude:**

- i. Where is 'scarcity' alive in you? What 'abundant' or empowered attitude can you replace it with?

f. **Fully committed:**

- i. What are you feeling 'one foot in one foot out' about? How can you commit more fully?

g. **Non-attached, not "clinging" to how "it's supposed to be":**

- i. In what ways are you dwelling on or trying to control what "might" happen? How can you allow for reality and novelty to unfold?

h. **Be adaptable:**

- i. How can you be less rigid and rise to the occasion, say "yes", and make the best of the process?

4. Write out your consciously created transition plan, check in with it daily, and FLOW!

GROUP EXERCISE

In “round robin” fashion: each member choose one of the elements from section #3 to ask another Tribe member!

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NOTES