



TRANSITION 101

The difference between Change and Transition.

What is my transition?

Things we must accept for a successful transition:

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The three generic phases of a transition

Phase 1: Begins with _____

Question 1: What have I left behind?

Question 2: _____?

Hint: It's internal.

Phase 2: _____

1. A season of _____

Activities of this phase:

Surrender to the _____

_____ and _____



Embrace the _____ - the way in is the way out.

3. It is a rich time of _____.

Phase 3: _____

Starts with _____

Beginnings are more like _____ than starting a

Recognize your inner _____.

Exercise: Title the 3 phases of your transition.

The Transition Lifecycle

What quadrant are you in?

