

Three KICK ASS Skills To Thrive By!

#2 OVERCOME

Overcome Mental & Emotional Obstacles



"A smooth sea never made a skilled sailor"

Franklin D. Roosevelt

CHANGE AND TRANSITION

*To gracefully move through the seasons of your life it is important to understand both **Change and Transition!***



CHANGE

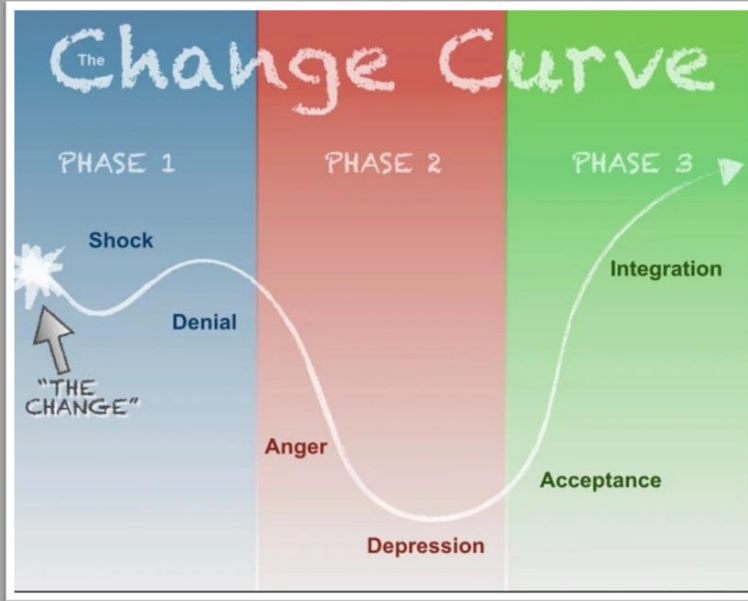
Change is situational.

It is the external event that is taking place which is perceived as ending.

CHANGE



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TIME

William Bridge
Transitions

11

TRANSITION



TRANSITION

Is the inner psychological process that we go through as we internalize and come to terms with the new situation that change brings about.

List some **CHANGES** you have been through.

What happened? Examples: graduated college, got married, diagnosed with MS, got a dream job, had first child, child goes off to college....

- 1.
- 2.

- 3.
- 4.
- 5.

List some **TRANSITIONS** you have been through.

What did you go through when change happened? Examples: Excited, scared, eager, confused, motivate, angry, overwhelmed, anxious, determined.....

- 1.
- 2.
- 3.
- 4.
- 5.

How did you get through these transitions? Examples: *Communicated with people who understood my situation, allowed myself to feel what I was feeling, sought guidance when needed, practice self-compassion, exercised self-care....*

- 1.
- 2.
- 3.
- 4.
- 5.

Two Types of Challenges when Managing Change



ACUTE

FIX

Remain the same

ADAPTIVE

INNOVATE

*Learn, grow,
create and evolve*

*Acute and Adaptive challenges often come bundled. It's smart to use both "Fix" and "Innovate" strategies with them!
It's wise to know which one to use when!*

List a few acute challenges you have faced.

These challenges can be fixed with time, existing information and/or products.

Examples: Having a cold, car needing repair, a straightforward break of a bone, phone damages or in need of an upgrade, needing to find a new job....

- 1.
- 2.
- 3.
- 4.
- 5.

List a few adaptive challenges you have encountered?

There are guides or helpers, but NO pre-existing solutions. With an adaptive challenge the one facing the challenge gets to create the solution!

Examples: Finding a diet that works for you, creating and exercise program that benefits you, developing a way to manage your energy developing a supplement program that works for you, continuing to foster purpose and meaning as the seasons of your life shift and change....

- 1.
- 2.
- 3.
- 4.
- 5.