



## Common Types of Transitions

- Physical Moves
- Life Stages
- Catastrophic Events
- Unexpected, sudden changes
- Other \_\_\_\_\_

## Discussion Questions

- What types of transitions have you experienced this year?
- How did you process them?
- Who helped you process them?

## Strategies for Moving Ahead

- What still gives your life meaning?
- Re-consider previous goals: do they need tweaking?
- What is one thing that you can do today?
- How can you recreate dreams?