

# LIFE TRANSITIONS

## A NECESSARY SEASON OF GROWTH

Transition is change. Transitions are life's way of asking us to re-examine our present way of being and force us to develop and grow as individuals. Yet, each transition has its own challenges and difficulties. "Every transition begins with an ending. We have to let go of the old thing before we can pick up the new--not just outwardly, but inwardly." William Bridges, *Managing Transitions*

### DEFINING TRANSITION

According to Merriam-Webster, transition is a change or shift from one state, place, or condition to another. It is literally a "from . . . to" moment. But transition also consists of the time frame in which the change is occurring. The season of time between the old and the new is sometimes called liminal space. This is where the hard, but important work of transition takes place. It becomes an opportunity to embrace the sacred in-between. Transition seasons are defining moments.

### THE ULTIMATE PURPOSE OF EVERY TRANSITION IS PERSONAL GROWTH

Some transitions we choose. Some choose us. Many people in this current cultural moment are choosing new jobs. Some are changing whole careers. Some find themselves jobless. Relational transitions are very real. A new marriage, the birth of a child, a recent divorce, or the death of a precious loved one brings change--in the form of new beginnings or fresh loss.

### Why is change so threatening?

Change can certainly be physical--like a move across country. But it is more powerfully emotional and spiritual. It is often accompanied by our own internal resistance. This can bring about a feeling of uncertainty and fear. The result can be a season of anxiety, anger, fatigue, and sadness. We crave certainty, but what we need is clarity.

BENEFITS OF  
TRANSITIONS

1. Fresh ways of thinking
2. New ways of doing
3. Clarity toward life direction
4. Considerable learning
5. A deepening of personal values
6. A shift in paradigms

**"DON'T WASTE YOUR TRANSITIONS.  
USE THEM TO THE FULLEST. DON'T  
GIVE IN TO THE TEMPTATION TO  
SEEK A QUICK REMEDY."**

*Stuck!* By Terry B. Walling

**Transition is not as much about asking,  
"What will I do next?" as it is about asking,  
"Who am I becoming?"**

Journaling can be a great aid to capturing some of your thoughts, feelings, and learned principles during a transition season. Go old school and buy a quality bound journal that allows you to put pen to paper.

FROM PAIN  
TO GROWTH

#### **Name the Pain and the Loss**

Naming something is a start toward robbing it of its power. Our tendency will always be fight or flight, but if we can bring our real emotions out into the open--with ourselves and with a few trusted friends, we can begin to look forward.

#### **Move Toward the Opportunity**

The very meaning behind the word "calling" is invitation. What might be your next opportunity to make a great contribution or to enter into new growth relationships?

#### **Add Structures, Rhythms, and Routines**

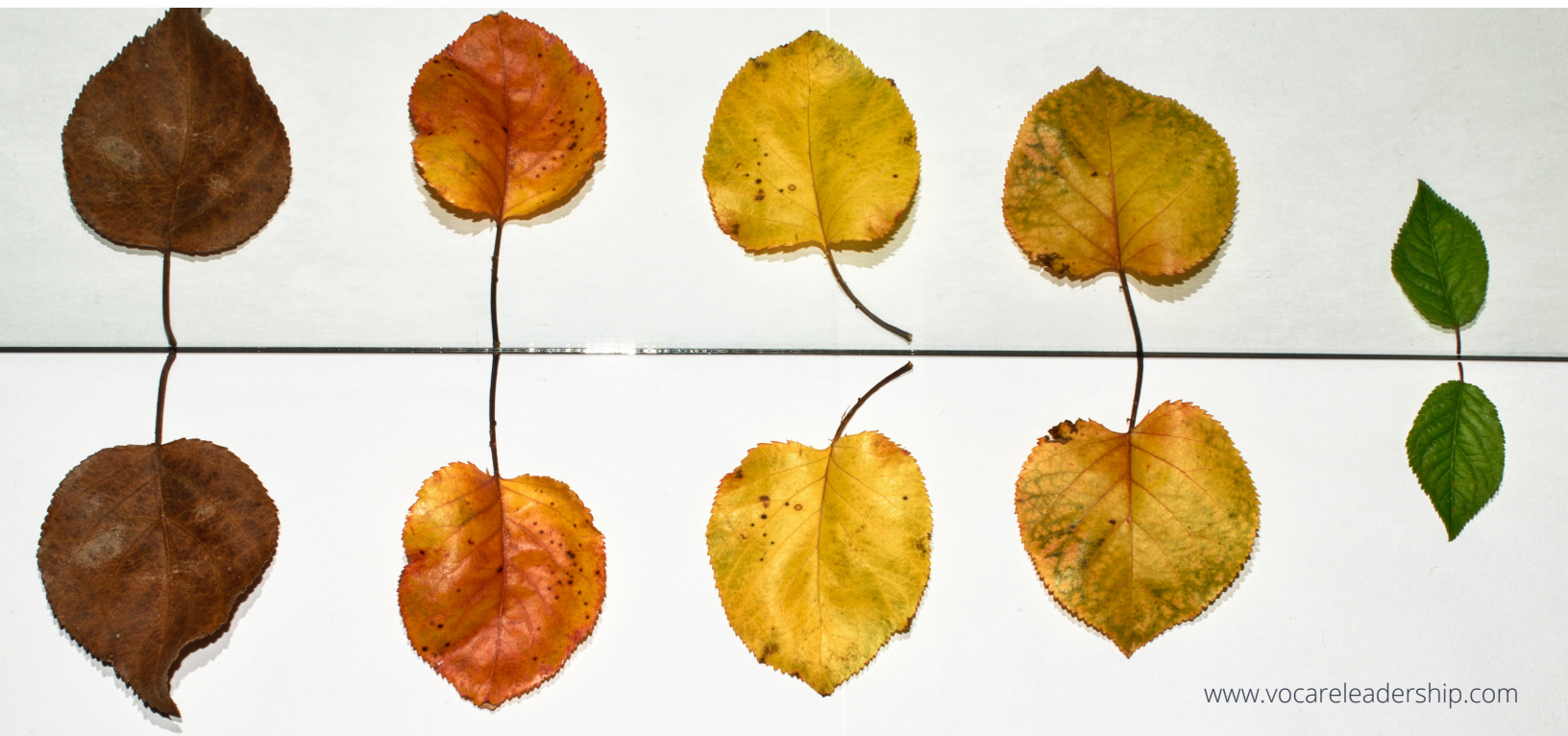
In the midst of chaos we crave certainty. But we should aim for clarity. Controlling what we can control places us in a position to become more clear about what lies behind and what lies ahead. Adding order to our days will help us navigate life mentally, emotionally, and spiritually.

#### **Articulate a Fresh Set of Personal Values**

Values are anchored in belief and expressed through daily behaviors. This is a great season to re-evaluate your current values and lean into some new ones. Personal values can be existing behaviors you want to maintain or new ones that you aspire to develop. They will greatly help you in determining how you want to behave and live, now and in the future.

#### **Lean into New Paradigms**

Paradigm shifts are "from . . . to" moments. The biggest paradigm shifts connect to how we see ourselves, how we see others, and how we see the world. Paradigm shifts help us bring closure to an ending and life to a new beginning.



# Structures, Rhythms, and Routines

Action leads to clarity. Taking action to create some structures, rhythms, and routines will not only provide a level of stability but, over time, will lead to clarity. Routine is about sameness.

Rhythm is about cadence and flexibility. Structure is about continuity of organization.

Consider the areas of meditation/devotion, human connection, exercise, diet, and rest as good places to start.

## Examples

### Devotions

Read the Bible for 30 minutes a day, five days a week

### Exercise

Run 3 miles two days a week

Cycle 15 miles two days a week

### Connect

Reach out and have lunch with one friend each week

## Your Structures, Rhythms, and Routines

### Meditation/Devotion

### Connection

### Exercise

### Diet

### Rest

# Leading from Personal Values

Personal values are anchored in belief and expressed through daily behaviors

Circle or choose three core values from the list below that you desire to become more true of you are during this transition season. Then, complete the worksheet on the next page to more fully form your chosen values. Remember, transition is more about you are becoming than what you will do next!

## Core Values List

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Challenge
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Friendships
- Fun
- Generosity
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Openness
- Optimism
- Peace
- Pleasure
- Poise
- Recognition
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom

Adapted from James Clear at [jamesclear.com](http://jamesclear.com)

# Personal Values Worksheet

## Examples

### Integrity

Defined: The same person inside and outside--doing what you say you will do--incorruptibility, soundness, and completeness

Belief: Titus 2:7-10

Behavior: To live a consistent life of soundness in my speech, behavior, and teaching

### Generosity

Defined: Being liberal in giving--openhanded/openhearted--marked by kindness and abundance

Belief: 2 Corinthians 8:1-15; 2 Corinthians 9:6-15

Behavior: To live generously (open handed)--with encouragement, service, and finances

## Your Personal Values

Record each of the three values you chose below.

Follow the pattern above--define it, anchor it in Scripture, and state the behavior you desire to express on a daily basis. (never create more than five personal values at a time)

**Value 1** \_\_\_\_\_

Defined: \_\_\_\_\_

Belief (Scripture reference): \_\_\_\_\_

Behavior: \_\_\_\_\_

**Value 2** \_\_\_\_\_

Defined: \_\_\_\_\_

Belief (Scripture reference): \_\_\_\_\_

Behavior: \_\_\_\_\_

**Value 3** \_\_\_\_\_

Defined: \_\_\_\_\_

Belief (Scripture reference): \_\_\_\_\_

Behavior: \_\_\_\_\_

# Paradigm Shift Worksheet

Paradigm shifts are "from . . . to" moments. The biggest paradigm shifts connect to how we see ourselves, how we see others, and how we see the world.

## Personal Examples

### Shift in how I see myself:

**From** Not good enough **To** God's treasured possession

### Shift in how I see others:

**From** Seeing others as 1 up or 1 down to me **To** Seeing others as fellow sojourners whom I can bless and who can be a blessing to me

### Shift in how I see the world:

**From** A scarcity mindset (always competing with not enough to go around) **To** An abundance mindset (always serving and giving because there is more than enough to go around)

## Your Personal Discoveries

### Shift in how I see myself:

**From** \_\_\_\_\_ **To** \_\_\_\_\_

### Shift in how I see others:

**From** \_\_\_\_\_ **To** \_\_\_\_\_

### Shift in how I see the world:

**From** \_\_\_\_\_ **To** \_\_\_\_\_

