

**SELF-GUIDED WORKSHEET:
Now What?
Managing Transition
Without Falling into a Pit of Despair**

Before listening to the audio seminar, answer the following:

In which area(s) of your life are you facing or in the middle of transition or major life change? List the specific change and what your attitude is about the transition (happy, scared, resistant, etc.):

Work: _____

Relationships: _____

Health/body: _____

Home: _____

Did you choose this change or does it feel like an unexpected or unwelcome change? Why?

Begin the seminar now and listen until time stamp 03:56. Hit pause, then please answer:

Whether or not you chose the change, how will this change help you in some way? Using the hermit crab analogy, how will it lead to a “bigger, better shell,” whether improved external circumstances or increased self-understanding and personal growth?

Resume the seminar until 07:36. Hit pause, then answer:

Sacred contracts: Think of one person in your life (living or dead) who has made a significant impact on your life and whose life you have impacted as well.

Name: _____

Is this relationship a “reason, season, or lifetime” one? Why?

Is this sacred contract still active/in progress or is it ending/over?

List the major lessons you learned (or are learning) as well as taught (are teaching) the other person during this sacred contract:

Now think of an experience or situation that has ended that feels like it was a sacred contract, i.e., a major learning and growth opportunity for you, no matter how long or short it lasted. How did you feel and react when it ended? How has that experience helped you to be better in some way today?

Resume the seminar and listen until 17:00. Hit pause to reflect and answer:

Look back at your “old world” that you were in (your former job, relationship, etc.).

List 3 things that weren’t working for you:

1. _____
2. _____
3. _____

What’s at least one possible lesson you can learn – i.e. why in the biggest picture might you be in this particular change right now?

List 3 ways of how you're appreciative in this moment, of where you are right now in your transition:

1. _____
2. _____
3. _____

Are you in Stage 1 (initial shock) or Stage 2 (recovery and regrouping) of transition? If yes, which one and how do you know?

If you are in Stage 1 or 2: Name at least one tool or strategy, either that Laurie suggested or that you learned elsewhere, that you can use right now to help get through this stage. (Refer to the Powerpoint slides if needed to help you remember the suggested tools.)

For those in Stage 3 (moving on) or optional for everyone: List 3 action steps, immediately doable, you commit to taking toward achieving your ideal life vision:

1. _____
2. _____
3. _____

Resume the seminar at 22:13 and listen until 31:29. Pause the seminar and answer:

For those in Stage 4 (“Why am I still here?”) or optional for everyone:
Ask your deepest inner knowing – not your fear-based, reactive self – “Am I still on the right path?” Write the answer and any other wisdom that bubbles up:

Next, ask and answer: “Is there anything about my ideal life vision that needs adjusting (unrealistic timelines, attitude, trust, etc.)?”

Resume the seminar again and listen to 43:05. Pause the seminar and do the following exercise:

Whether or not you're in Stage 5 (darkness and pain), make an "I Rock!" list, writing at least 10 of your best qualities:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Resume the seminar and listen until 55:27. Pause and answer the following:

If you are in Stage 6 (The Pit of Despair): Name at least 2-3 tools or strategies, either that Laurie suggested or that you learned elsewhere, that you can use right now to help you pull yourself out of the pit. (Refer to the Powerpoint slides if needed to help you remember the suggested tools.)

1. _____
2. _____
3. _____

For everyone, no matter what stage you're in: List 3 ways you can change your attitude to be more positive about the change that's happening:

4. _____

5. _____

Think of someone who's struggling right now and describe how you can help him or her. (Now go do it!)

Resume the seminar and continue to the end.

After ending the seminar, please answer:

How are you feeling about the change you're in now?

Answer this question again: Whether or not you chose the transition you're in, how will this change help you in some way? Using the hermit crab analogy, how will it lead to a "bigger, better shell," whether improved external circumstances or increased self-understanding and personal growth?

Any other key take-away lessons or realizations from this seminar? Jot down your reflections here:
