

Major life transitions include job loss, illness, death of a loved one, divorce, financial challenge and more. It’s not easy. It’s not always linear, there’s a lot of one step forward, two steps back but eventually with patience you can get there. Accept all the love and support from family, friends, coworkers, neighbors and others. Accept it all. When you’re going through transition ….KEEP GOING! You have to keep putting one foot in front of the other and make your way to the other side.

After all the moral support, casseroles, and well-meaning advice, it’s time to get working on what you can do to get through the transition. There are several things you can do but one of the most important is to remember to take care of you…every day! Eat well, get enough sleep, participate in some daily activity no matter how small and get out of the house. Meet with friends, take a walk in the park, visit a farmer’s market, read a good book. Anything and everything that will keep you focused on the positive and away from getting down in the dumps. The next step in transitioning is the practical aspect, in other words, what steps do you need to take to move from your current state to the next right thing for your life? Do you need to downsize your home? Do you need to find a job, reduce your expenditures or learn to live alone again?

Every change in life is for the best. Even changes that we perceive as negative hold some lesson for our personal growth. Does the term ‘personal growth’ make you want to hide under the covers? Think of it then not as personal growth but as another adventure on life’s path. There is so much to be learned from the big changes that come along at different points in our life and if we go into it with the right attitude they can be positive experiences. No life change is without its challenges but it is in these challenges that we find out what we are really made of, how strong we really are and what we can do when we have to.

One thing I can tell you for sure, there is an end to the pain. A storm doesn’t last forever, even in nature. You CAN navigate transition with grace and strength, you DO have the ability to get through to the other side and all you need is the confidence and positive attitude to take one step at a time.

To talk to me about transition coaching, call Michele Prinzi at 303-908-5858 or visit me on the web at [www.strategiclivinglifecoaching.com](http://www.strategiclivinglifecoaching.com)