

Life Transitions

Support for navigating change with more clarity, steadiness, and confidence.

Even positive change can feel stressful. This worksheet can help you process where you are, what is shifting, and what support you need during this season.

What is changing?

Describe the transition you are going through:

What makes this hard?

What am I grieving, losing, or letting go of?

What feels uncertain right now?

What is still true?

What strengths, values, or supports are still available to me?

What can I control?

- My daily routines
- How I ask for support
- The next step I choose to take
- The story I tell myself about this change
- How I care for my body and mind during stress

Next right step

The next right step for me is:

This worksheet is for educational and supportive purposes and is not a substitute for emergency or crisis care.