

NAVIGATE CHANGE WITH THE 6 STAGES OF TRANSFORMATION

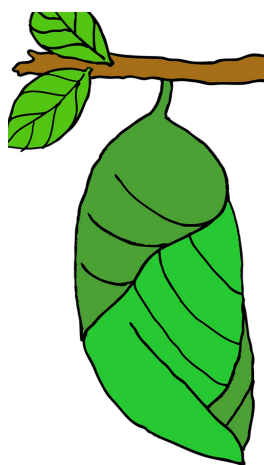


REALIZE

- Change is happening
- What needs to change
- Self-awareness & introspection
- What change looks & feels like
- Visualize the greatest outcome

RELEASE

- Outdated beliefs, behaviors & habits
- Disappointment, regret, shame
- Disempowering relationships
- Fear, doubt, worry
- The need to control the outcome



REBOUND

- Self-care & self-nurture
- Become curious about the future
- Learn to flow & adapt
- Be open for guidance
- Prepare for new vision to unfold

REINVENT

- Test your resilience
- Persevere with courage
- Take baby steps
- Practice new habits
- Feeling more bold, brave & capable



RESURRECT

- Becoming your "best self"
- Residing in the present moment
- Intuitive, insightful & instinctual
- Living honestly & authentically
- Rising above the challenges of change



RESPOND

- Responsibility to help others
- Share your story of inspiration
- Feeling a sense of purpose
- Identify & follow your "calling"
- Acknowledge self-growth & evolution