



## Gentle Practices for Transition

### 1. Name Where You Are

Write a few words or a sentence that begins with: *"I think I might be in a transition because..."*

Bringing it into the light softens the fear and begins the healing.

### 2. Let One Thing End (Even a Small Thing)

Transitions require small funerals. It could be a routine, a commitment, a role, or even a belief you've outgrown. Don't rush to replace it — simply acknowledge: *This part of my life is complete.*

### 3. Practice "One Thing at a Time"

Borrow this from my husband's wisdom. When you're drinking tea — drink tea. When you're folding laundry — fold laundry. Let small acts of presence anchor you when everything else feels uncertain.

### 4. Ask This Each Morning:

*What is one small thing I can do today to support the person I'm becoming — not the person I've been?*

Keep it tiny. A walk. A boundary. Rest. A creative act.

### 5. Make Room for Both Stillness and Movement

Some days, the work is to pause — journal, breathe, cry if needed. Other days, the work is simply to take a step. Neither is wrong. Both are sacred.

### 6. Stay Kind to Yourself

Transitions make us tender, tired, and unsure. Speak to yourself the way you would speak to a dear friend who is in the middle of becoming.

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