

Part One: Courage of the Heart - Summary Chart

Dealing with unplanned life-altering transitions

<i>How do I build courage of the heart?</i>	I. Accepting the emotional impact of an unexpected work or life event	II. Getting the support you need to rebuild your confidence	III. Building new routines as you explore new options	IV. Giving back to people who have helped you	V. Finding meaning in your transition and moving on
<i>1. Talk to people whom you trust</i>	What are the unknowns? What do I no longer have? What do I miss?	Who is there for me now, and who is not?	Who can I count on to give me feedback on my progress? How do I ask for feedback?	How do I reciprocate to the people who have helped me?	How should I express pride in my courage of the heart?
<i>2. Commit to regular activities providing relief</i>	What are the knowns? What do I still have? What do I cherish and will do more of?	Which activities give me a boost now?	How do I build these activities into my life? What can I be sure of continuing to do?	How do I give back to myself and to others? How can I be better prepared for the next transition?	What do I add to my work or personal-life activities to demonstrate what I want and hope for?
<i>3. Create your own transition story</i>	When/what was my defining moment? What were the signs/signals that this was going to happen?	How do I explain what I am doing now? What should I call it? What is this chapter in my life?	How do I explain the benefits of these new routines?	How have I benefited from this transition? What have I compromised through this transition?	How do I explain how my transition ended and how it led to a new beginning?
<i>4. Find guides to help you navigate your transition</i>	How do I find out how I am doing? How do I check my physical, mental and emotional health?	How do I rebuild my faith in myself? How do I spend my free time?	Which routines will support my moving beyond this transition?	Who will help me sustain my healed heart?	How do new guides help me move through and beyond my transition?
<i>5. Learn about what you need to heal your heart</i>	Whom can I talk to with experience of this kind of life-altering transition? How have others moved beyond their transitions?	What are the main barriers I am facing while moving through this transition?	How will I know when I am ready to move beyond the transition?	What lessons did I learn that help guide what I do next?	How do I demonstrate that I have moved on from my transition? What actions are key reminders of the courage of my heart?