

Part One: Courage of the Heart - Worksheet

Dealing with unplanned life-altering transitions

<i>How do I build courage of the heart?</i>	Accepting the emotional impact of an unexpected work or life event
<i>1. Talk to people whom you trust</i>	What are the unknowns?
	What do I no longer have?
	What do I miss?
<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?
<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?
<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?
<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?

<i>How do I build courage of the heart?</i>	Getting the support you need to rebuild your confidence
<i>1. Talk to people whom you trust</i>	Who is there for me now, and who is not?
<i>2. Commit to regular activities providing relief</i>	Which activities give me a boost now?
<i>3. Create your own transition story</i>	How do I explain what I am doing now?
	What should I call it?
	What is this chapter in my life?
<i>4. Find guides to help you navigate your transition</i>	How do I rebuild my faith in myself?
	How do I spend my free time?
<i>5. Learn about what you need to heal your heart</i>	What are the main barriers I am facing while moving through this transition?

<i>How do I build courage of the heart?</i>	Building new routines as you explore new options
<i>1. Talk to people whom you trust</i>	Who can I count on to give me feedback on my progress?
	How do I ask for feedback?
<i>2. Commit to regular activities providing relief</i>	How do I build these activities into my life?
	What can I be sure of continuing to do?
<i>3. Create your own transition story</i>	How do I explain the benefits of these new routines?
<i>4. Find guides to help you navigate your transition</i>	Which routines will support my moving beyond this transition?
<i>5. Learn about what you need to heal your heart</i>	How will I know when I am ready to move beyond the transition?

<i>How do I build courage of the heart?</i>	Giving back to people who have helped you
<i>1. Talk to people whom you trust</i>	How do I reciprocate to the people who have helped me?
<i>2. Commit to regular activities providing relief</i>	How do I give back to myself and to others?
	How can I be better prepared for the next transition?
<i>3. Create your own transition story</i>	How have I benefited from this transition?
	What have I compromised through this transition?
<i>4. Find guides to help you navigate your transition</i>	Who will help me sustain my healed heart?
<i>5. Learn about what you need to heal your heart</i>	What lessons did I learn that help guide what I do next?

<i>How do I build courage of the heart?</i>	Finding meaning in your transition and moving on
<i>1. Talk to people whom you trust</i>	How should I express pride in my courage of the heart?
<i>2. Commit to regular activities providing relief</i>	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>	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 new guides help me move through and beyond my transition?
<i>5. Learn about what you need to heal your heart</i>	How do I demonstrate that I have moved on from my transition?
	What actions are key reminders of the courage of my heart?