

Part Two: Courage of the Mind - Summary Chart

Choosing to plan life-enhancing transitions

<i>How do I build courage of the mind?</i>	I. Deciding to make a work or life change	II. Defining your transition experience	III. Telling people about your transition plan	IV. Building new routines and new prospects for work or life
<i>1. Career and life patterns: work and play</i>	Have you experienced work or life transitions before? If yes, what do you remember?	Which activities from either your work or play do you want to preserve—or eliminate—during your transition?	What will you call your transition? Do you have a name for it?	Do any of the lessons you learned from past transitions apply to the current transition? What were they?
<i>2. Relationships</i>	Who among your friends and family will support you through the transition?	Whom will you ask to support you or to be a catalyst for you as you begin your transition?	Whom will you spend time with on a regular basis? (i.e. friends, confidants)	Who will continue to be important to you both during and after your transition? Which people will become part of your inner circle after the transition?
<i>3. Vision/goals: what will the future look like?</i>	What are your dreams for the future beyond your transition?	How would you define your goals for your transition? What results are you hoping for?	How will you describe the purpose of your transition?	Are there any elements of the transition experience you will keep for/build into the next phase of your life?
<i>4. Self-awareness: who am I?</i>	How well do you think you know yourself? How would people who know you well describe you?	Are you an idealist or a pragmatist about what you can change?	How will you explain what is most important to preserve in your work or personal life after the transition?	How will you measure the benefits of any changes introduced during the transition?
<i>5. The kind of transition experience</i>	Have you ever planned or prepared for a work or life transition?	How will you keep track of your progress during your transition? Will you set a timetable?	What is the strategy—how will you spend the time you have set aside—for your transition? How long do you think it will last?	What activities should you practice doing regularly during your transition? Which activities will become routine?