

Part Two: Courage of the Mind - Worksheet

Choosing to plan life-enhancing transitions

<i>How do I build courage of the mind?</i>	Deciding to make a work or life change
<i>1. Career and life patterns: work and play</i>	Have you experienced work or life transitions before? If so, what do you remember?
<i>2. Relationships</i>	Who among your friends and family will support you through the transition?
<i>3. Vision/goals: what will the future look like?</i>	What are your dreams for the future, beyond your transition?
<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?
<i>5. The kind of transition experience</i>	Have you ever planned or prepared for a work or life transition?

<i>How do I build courage of the mind?</i>	Defining your transition experience
<i>1. Career and life patterns: work and play</i>	Which activities from either your work or play do you want to preserve—or eliminate—during your transition?
<i>2. Relationships</i>	Whom will you ask to support you, or to be a catalyst for you, as you begin your transition?
<i>3. Vision/goals: what will the future look like?</i>	How would you define your goals for your transition?
	What results are you hoping for?
<i>4. Self-awareness: who am I?</i>	Are you an idealist or a pragmatist about what you can change?
<i>5. The kind of transition experience</i>	How will you keep track of your progress during your transition?
	Will you set a timetable?

<i>How do I build courage of the mind?</i>	Telling people about your transition plan
<i>1. Career and life patterns: work and play</i>	What will you call your transition?
	Do you have a name for it?
<i>2. Relationships</i>	Whom will you spend time with on a regular basis? (i.e. friends, confidants)
<i>3. Vision/goals: what will the future look like?</i>	How will you describe the purpose of your transition?
<i>4. Self-awareness: who am I?</i>	How will you explain what is most important to preserve in your work or personal life after the transition?
<i>5. The kind of transition experience</i>	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?

<i>How do I build courage of the mind?</i>	Building new routines and new prospects for work or life
<i>1. Career and life patterns: work and play</i>	Do any of the lessons you learned from past transitions apply to the current transition? What were they?
<i>2. Relationships</i>	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>	Are there any elements of the transition experience that you will keep for/build into the next phase of your life?
<i>4. Self-awareness: who am I?</i>	How will you measure the benefits of any changes introduced during the transition?
<i>5. The kind of transition experience</i>	What activities should you practice doing regularly during your transition?
	Which activities will become routine?