

How to Make Any Transition Easier

Tips to help you find **inspiration**, **support**, and **compassion** - no matter what life transition you're experiencing.



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Do what makes you happy

- Turn your attention on the things that bring meaning and spend more time there.
- Adjust home and work environment so you enjoy being there

The [Harvard Study of Adult Development](#) is the longest longitudinal study on happiness (75 years).

Here are a few findings:

- Money doesn't create happiness, at least past a certain level of income, happiness doesn't scale with money. That being said being comfortable financially during and after a divorce, becoming an empty nester or retiring can buffer the stress involved
- Total amount of time spent working does not create happiness



Focus on positive relationships and let go of negative people in your life

...or at least minimize your interactions with them.



Two ways to increase positive social connection:

- 1. Quality social connections whether romantic, friendship, or casual daily interactions can offer a sense of happiness. Support groups can be a source of connection, coping and motivation.
- 2. Think self care! Activities such as haircuts and blow-drys, professional grooming, manicure, pedicure, massages etc.) These activities stimulate neurons and create well-being while being pampered.



Honestly assess your life and your needs

Easier said than done?

- Don't let others persuade you or influence your choices. You have gathered a lot of wisdom over your years and you're the expert on you!
- On the other hand it is possible that your perspectives on some aspects of life could be outdated, less relevant or jaded by your situation. In that case you may want to seek some advice and not rush into a decision. However, once you have made your decision stick to it. When you make a decision and stick to it you are happier than if you make a decision but have the option to change your mind. In order to do this take the other options off the table after you've made a decision.

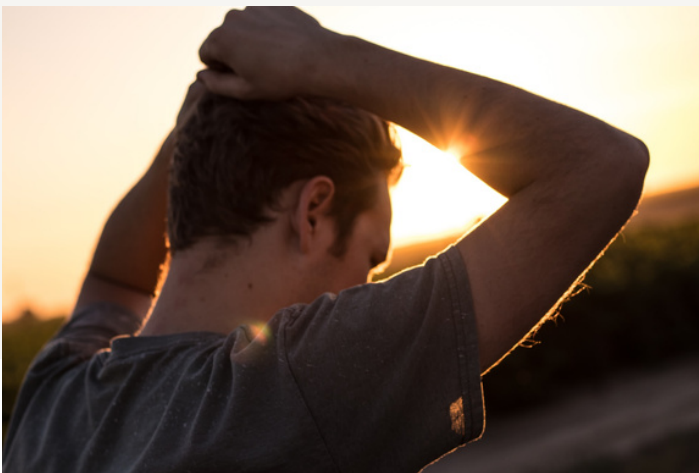


Envision what you want and not what you don't want

- Many times I'll notice in a discovery or visioning session with my clients that they will tell me what they don't want. Reframe that into what you do want in your life.
- Create a powerful vision and capture it: make a vision board, create a phrase, mantra, photo, poem, song, drawing, journal entry or a Canva image that captures the essence of your vision so it is front and center.



Tame your inner critic



- [Everyone has an inner saboteur](#). This is the negative voice you hear when going about your everyday life. These are automated patterns in your mind established during your childhood and early adult years. This can often lead to unhappiness, doubt, fear, stress and generally a lesser feeling of wellbeing.
- Accepting your situation without preconceived notions can be powerful. Letting go of things you can't change and accepting them can make a huge difference.
- Think about who you want to be in this life? How do you want to show up?



Stay present



[A wandering mind is an unhappy mind.](#) This study, published in Science, found that people think more about what is not happening almost as often as they are thinking about what is happening. The researchers found that doing so typically makes people unhappy. focus on the current activity (even if you don't like the activity) leads to higher self-reported happiness than when your mind wanders to other topics (even if your mind wanders to happy topics)



There you have it, 6 small steps you can take (today!) to start making any life transition easier.

Here they are again:

1. Do what makes you happy
2. Focus on positive relationships and let go of negative people in your life
3. Honestly assess your life and your needs
4. Envision what you want and not what you don't want
5. Tame your inner critic
6. Stay present

I'm here to help you identify and implement any or all of these steps. We all know what to do, but need help co-creating a plan.

Thank you for reading. I recognize your willingness and openness for your growth during this time.