FREE LIFE TRANSITIONS WORKSHEET

Finding your *footing*

Change is hard, even good change. A move, a new job, finishing school, a breakup, a new baby, an empty nest, a new country or a loss can leave you feeling unsteady. It's normal to feel excited and afraid, relieved and sad, all at once.

What's changing for me?

- ☐ A move or new city
- ☐ Starting or ending school
- ☐ A relationship beginning or ending
- ☐ Children leaving home
- ☐ Loss of a loved one
- ☐ A new country
- ☐ A new job or job loss
- ☐ Becoming a parent
- ☐ A health change
- ☐ Something else: _____

What I'm leaving behind

What's uncertain right now

What I'm hoping for

1 Name both sides

Make room for grief about what's ending and hope for what's beginning.

2 Keep some anchors

Keep a few routines steady: sleep, meals, a weekly call, a familiar playlist.

3 Build new connection

Find one new place to belong: a church, class, team, group or neighbour.

4 Give it time

Most transitions take months, not weeks, to settle. Be patient with yourself.

My transition plan

My anchors: what stays the same

Skills and strengths that got me through change before

People I can lean on

New connections I want to build

NEXT 30 DAYS: SMALL STEPS	BY WHEN	DONE

When to reach out

If a change has left you feeling stuck, hopeless or anxious for weeks, or it's affecting your sleep, work or relationships, a therapist can help you find your footing.

You don't have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist