



Navigating Your Transition *A bridge from where you are to where you want to be.*

1. **The Environment:** Imagine yourself six months from now, having successfully navigated this change. Describe what your daily life looks like.
2. **The Shift:** What is one habit or worry that you let go of in the last six months that helped you move forward?
3. **The Advice:** If that "Future Version" of you could speak to you right now, what would they tell you to focus on?
4. **The First Step:** What is one small, brave action you can take in the next 24 hours to start moving in that direction?