

KEEP SHINING THROUGH CHANGE



A new job, a move, retirement, a loss? You are not behind. I have started over more than once. Here is what helped me.

WHERE ARE YOU? **ALL THREE ARE NORMAL.**



YOU ARE STILL YOU. EVEN IN THE MIDDLE OF A CHANGE.

TRY THIS WITH AI TO SORT YOUR THOUGHTS: "I am going through a change. Ask me three questions to help me see what I want to keep and what I want to change."

PRESENCE GAP CHECK-IN

Three quick questions. Answer honestly.

SELF

When did I last do one thing with my full attention?

PEOPLE

When did I last talk with someone I did not know?

PURPOSE

What am I making or giving that matters to me?

TAKE THE FULL PRESENCE GAP CHECK-IN

Answer honestly, and notice what you find. · presencegap.com

SMALL STEPS

Do not try them all. Pick one.

KEEP • INNER WORK TIPS

- Some days, getting through is enough.
- Keep one routine the same.
- Name what you miss. Missing it is not going backward.
- Pick one next step for this week. Just one.
- Mute the social accounts that make you feel behind.

SHINING • OUTER WORK TIPS

- Let someone help you. Say yes when they offer.
- Tell people what you are going through, and what you need.
- Share what you know with someone just starting out.
- Say yes to one invitation, even when you want to stay home.

Check in on others, and let them check in on you. Talk to a counselor, coach, or friend. Asking for help is part of every transition.