Don’t Say the “C” Word (Change)!
What’s working?

What’s hurting?
What’s below the line?

The Presenting Issue

The REAL Issue
7 Big Transitions

- Physical Ability
- Driving
- Home
- Protection
- Financial
- Mental
- Legacy/Dying
3 Phases of a Transition

- Ending
- Neutral Zone
- New Beginning
The Satisfaction Triangle

People

Process

Product
Develop sustainable habits for both of you.

1. Do something for your**self** by your**self**.

2. Connnect with people who fill your cup.

3. Ask for help.
Your Transition

• What transition are you currently experiencing?

• How are you and your family transitioning differently? Where would you place each person?
Questions That Generate Peace

1. Is this a problem to solve or a tension to manage?

2. How can I shrink the change?

3. Where can we find the best help?
Graceful Transitions

Since you understand the difficult dynamics of change, YOU can become more gracious!