

Graceful Transitions



Don't Say the "C" Word (Change)!



What's working?

What's hurting?



What's below the line?

The Presenting Issue

The REAL Issue

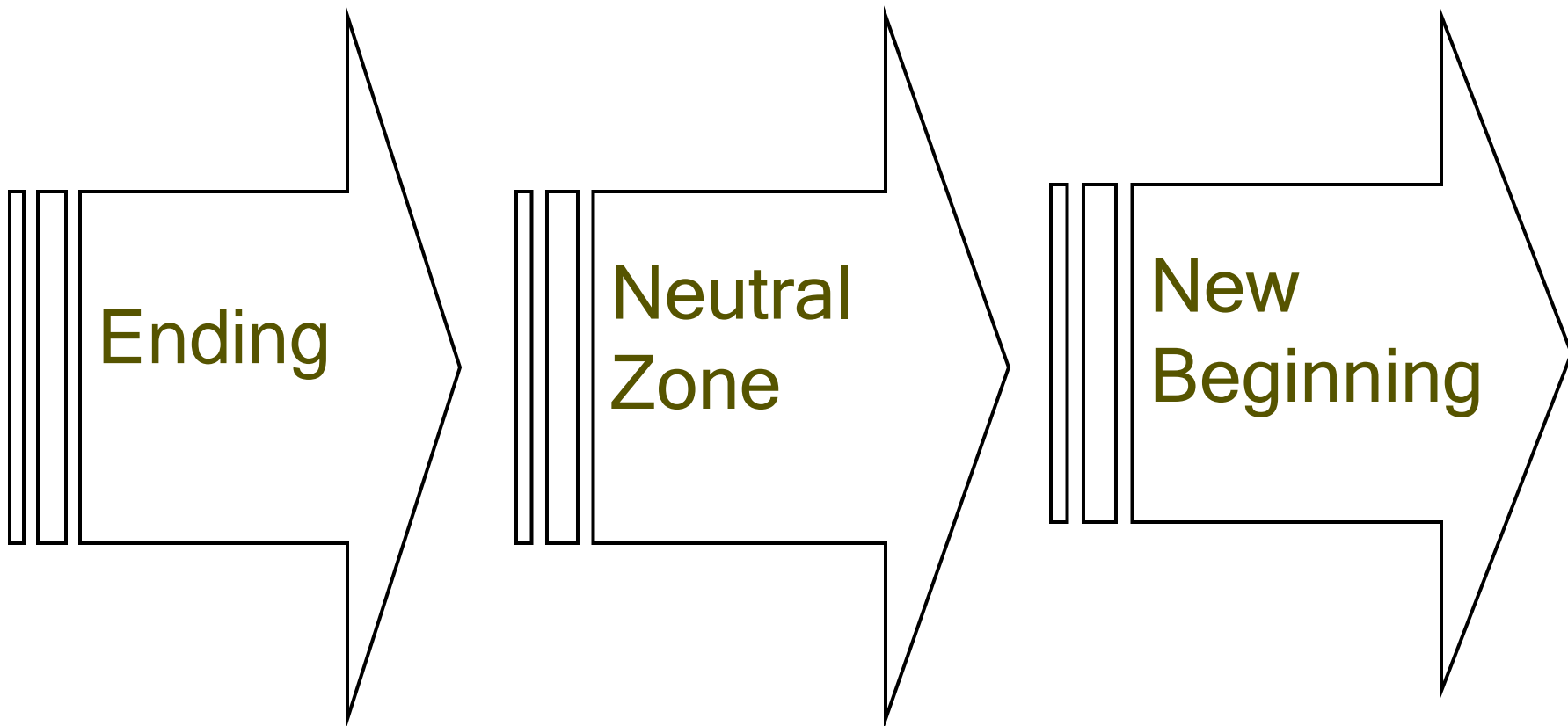


7 Big Transitions

- **Physical Ability**
- **Driving**
- **Home**
- **Protection**
- **Financial**
- **Mental**
- **Legacy/Dying**



3 Phases of a Transition

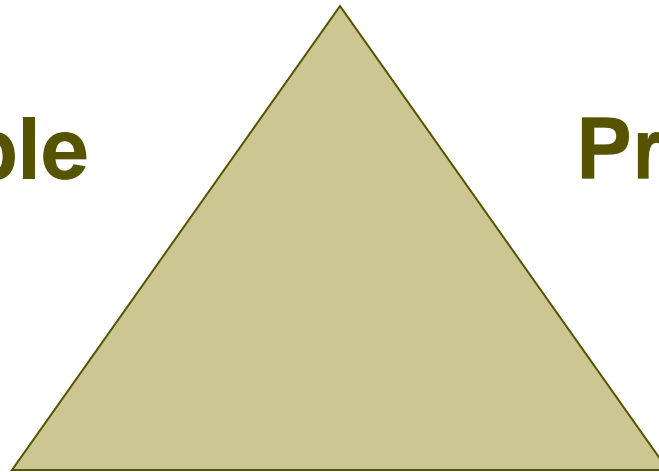




The Satisfaction Triangle

People

Process



Product



Develop sustainable habits for both of you.

1. Do something for yourself by yourself.
2. Connect 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!