

## TIPS FOR TRANSITIONAL TIMES

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### Perspective

- Leave well; finish strong.
- Grieve well (with hope); mourn the ending.
- Give yourself permission to be in the fallow place, the “in-between” time.
- Don’t rush or try to skip any parts of the transition.
- Recall God’s character, remember his goodness.
- Begin well, start strong.
- Dream big, start small.
- Cling to the One who does not change or shift: God, the solid Rock, our strength and source.

### Process

- Reflect and process: schedule time alone to do this on a regular basis.
- Listen. Be attentive. “Let inner signals rise up.”
- “Resist the tendency to imagine that what is needed is external to your situation.”
- Be patient with yourself.
- Be prepared for bumps and challenges (things may not go as smoothly as you envision).
- Avoid the temptation to coast. Watch out for the “siren songs that sing about some other route where everything goes smoothly and events are always exciting and meaningful.”
- Be mindful that transitions take time (anywhere from 3 months to 3 years, according to author, Terry Walling).
- Transitions don’t often follow the calendar or weather; it may be springtime but feel like November in your heart.
- Take things step by step, little by little.

### Practice

- If you keep a journal, look at past entries, reflect and synthesize themes.
- If you don’t keep a journal, start now. Log thoughts, ideas, and questions that arise.
- Share the bulk of your experience with one or more people (who will listen and hold you accountable).
- Pull past learning into your current context.
- Go deeper in the Word (based on things you’re to learning, unlearning, or re-learning).
- Read a new book or re-read an old favorite.
- Give thanks. An attitude of gratitude in all circumstances paves the way for God to show up.

*Developed by Erica Young Reitz. Direct quotations in the Process section come from Transitions: Making Sense of Life’s Changes by William Bridges.*