TIPS FOR TRANSITIONAL TIMES

**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.*