

Transitions

This is for those who are transforming themselves from 'working' towards a 'vocation'. It is not a step-by-step checklist, but contains elements of 'areas of thought' that you might run into. You could look at it as stops along the way that you might take on this 'ride of lifetime'.

For when money matters less and where you spend your time matters more.

The best piece of advice I have received in transitioning is direct observation of my wife who ended 'work' 5 years prior to me, watching her - she continually adapts the '3 to 5 focus areas' in her life to be fulfilled.

I needed a place to write it all down, to leave a legacy, and to learn with others.

So, let us begin ...

Here are some thoughts on broke into three groups: 'Just prior to', 'Right away' and 'As you go'.

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Just prior to:

- Ask yourself fun, yet hard questions: I have always wanted to ...My bucket list looks like ...Step-by-step thru my dream day would look like ..., etc. It helps to ask these questions in a particularly trying or stressful time, a time when you cannot, yet start to let out the creation or desire that is within you for desire is very strong in the times you cannot, yet do it!
- No one else sees this as clearly or as I do, no one else can do this as I can, 'this' for you = _____?
- The _____ in me just needs to come out. (heart, craftsman, athlete, spirit, love, etc.)
- It is critical to transition with a project, one that you know you cannot finish until you have more time.
- Start getting back into shape, you will likely want to do more and will need the energy to accomplish it. Your Physical progress is an easily defined way to find progress.
- Ensure that you are not escaping something, know that 'Wherever you will go, you will already be there.'
- You will likely 'emotionally dip' just after the transition starts stepping away from the old structure you were so used to and into a new one of your creation. Knowing this makes this easier and will allow you to run towards others with similar interests.

Right away:

- Catch-up on your sleep, understand your own sleep cycle. You will likely have years of sleep to catch up on, so stop using an alarm. Lay aside the need to push through for a moment and rest.
- Learn to take recovery breaks for your heart & soul - daily, weekly, monthly, yearly - schedule accordingly.
- Find WHEN you are best during the day and week, protect that time from intrusion.
- Select 3 to 5 areas you would like to focus your life on, try these out these 'focus areas' and create a process to evaluate each, as you experiment. Find and try the areas that spark the emotion still within you.
- Evaluation of your experiences may include: the emotion they invoked (joy?), the progress they granted, the people you bonded with, etc.
- Find comfort in how to sleep at night with allocation of your money and living within your financial means.
- Consider, "I will do today what I wished I had done tomorrow."

As you go:

- Create a cycle of Review, Reflect & Renew (R.R.R) to get feedback weekly and form the story of your life.
- You will likely try to do too much in the first few years and that it is OK you will adapt through R.R.R..
- Create & understand your feedback loop for all that you experience to increase your learning speed.
- The pressure of 'Someday I will do this' is here, excuses are no more because you now chose how you 'spend your time'. Today is now Someday.
- Create a longer-term checklist of stuff you see that is not quite right in your life.
- The offers will come, figure out your process to say NO and what few to say YES to, before they ask again.
- You will build faith by doing, struggling and stretching beyond what ever you thought was possible.
- Explore extrinsically and intrinsically to grow unreasonably beyond your expectations.
- Define what community means to you, prepare yourself and go find it or better yet create it.
- Strive to find a Community, that will have people who will push on you & you can push on them - collaborate.
- Community will no longer be a convenience of a forced, regular location of 'work', but a strong connection to similar minded people who would like to play and grow together.
- Take a big RISK, it's OK you will learn faster with mistakes now that you can make them again.
- Discover by experiences, you will struggle evaluating an opportunity by only reading or viewing about it. If you choose to do, to spend your valuable time in action in 'an experience' your might find something wonderful.
- Let go of your old 'work' acquaintances and start the search for deeper friends with similar values.

- Watch for the 'gravity' of your prior self, set 'the why' of your new life to be very clear and present, as the new home base of your life.
- Stop comparing yourself to others by finding your own way.
- Find yourself through service to others, I believe we are all 'WIRED TO SERVE'.
- Redefine your relationships to an intimacy level that you want & take this action into your calendar.
- Simplify your life, automate what you can, spend more time thinking deeply.
- Let go of your 'work' mind, if you were technical let go of your calculating mind, if you were a problem solver let go of everyone else's problems, if you were a leader let go of responsibility, etc. Let go to see through its absence if you still would like to hold it.
- Understand that you might close chapters in your life to open others so, let some pieces of you go.
- Confront the uncomfortable to grow, you will likely find joy in the journey!
- Stop & feel life again, slow to notice everything that interests you.
- Write it all down somewhere, find what you love by doing and then refuse to let go.
- Soon you will be at the crossroads again. Will we choose to risk or pretend to be unaware of what lies ahead in our short lives. Will we
- risk rejection, step forward and find wonder again?

I hope you will join me in my transitions in life, I will do my best to be: clear, honest and concise with what I have learned along the way. So, let us begin again ...