

NAVIGATING CHANGE

A Guided Journal
for Times of Transition



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Navigating Change

A Guided Journal
for Times of Transition

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This Journal Belongs To:



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Introduction

Welcome.

This journal was designed to be your companion during times of change, helping you move forward with greater lightness and ease.

Consider this your dedicated space to reflect, adapt, and stay grounded, no matter how much the world around you shifts.

It's an invitation to reconnect with yourself and step more fully into your own strength and clarity.

Write whenever you feel the need to pause, process, and regain your footing.

When you do, take a deep breath, slow down, and allow the questions to guide your inner exploration.

How to Use This Journal

On the *right-hand* pages you'll find 60 unique prompts, each crafted to help you reflect on your experience of change and find clarity amidst transition. Allow yourself to explore the questions fully, letting your thoughts flow freely.


The *left-hand* pages are designed to help you integrate your discoveries. After reflecting on a prompt, use the dedicated spaces to


- capture a *Moment of Gratitude*,
- note a *Key Insight* gained from your reflection, and
- define a practical *Action Step* to help you integrate your understanding and move forward with intention.


I

Facing Change

II

 Moment of Gratitude


 Key Insight


 Action Step


1.1 Facing Change

What's changing in your life right now?



 Moment of Gratitude


 Key Insight


 Action Step


1.2 Signs

Have you seen it coming?



 Moment of Gratitude


 Key Insight


 Action Step


1.3 Your Position

How do you feel about this change?



 Moment of Gratitude


 Key Insight


 Action Step


1.4 Underneath

Is there a deeper message for you in this change?



 Moment of Gratitude


 Key Insight


 Action Step


1.5 Acceptance

What is needed for you to fully accept this change in your life?



 Moment of Gratitude


 Key Insight


 Action Step


1.6 Letting Go

What is to be left behind?



 Moment of Gratitude


 Key Insight


 Action Step


1.7 Support

Which relationships can you count on?



 Moment of Gratitude


 Key Insight


 Action Step


I.8 Your Resources

What strengths are carrying you?



 Moment of Gratitude


 Key Insight


 Action Step


1.9 Remember

When have you handled change well before?



 Moment of Gratitude


 Key Insight


 Action Step


1.10 Clear The Way

Is there anything left to resolve?



 Moment of Gratitude


 Key Insight


 Action Step


I.II First Clues

Are there signs already pointing in a new direction?



 Moment of Gratitude

 Key Insight

 Action Step

I.12 Compass


What is guiding you from inside as you move forward?





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2

In the
Unknown

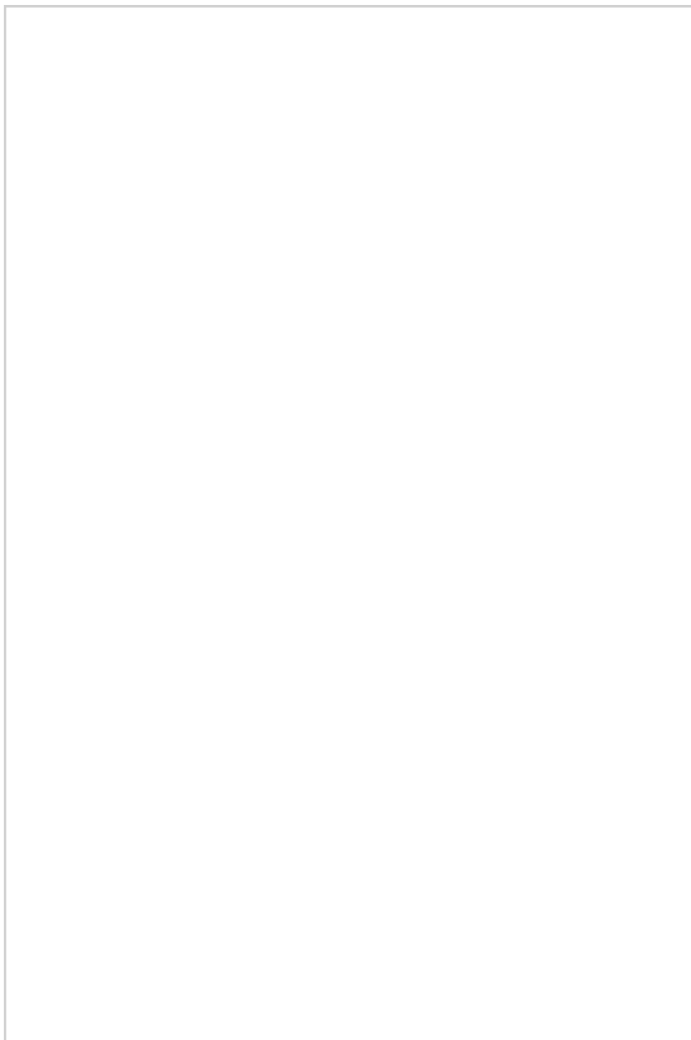
 Moment of Gratitude


 Key Insight


 Action Step


2.1 In the Fog

What feels uncertain right now?



 Moment of Gratitude


 Key Insight


 Action Step


2.2 Reframing

What's useful about not having all the answers yet?



 Moment of Gratitude


 Key Insight


 Action Step


2.3 Taking Care of Yourself

What steps can you take to ground yourself and feel well?



 Moment of Gratitude


 Key Insight


 Action Step


2.4 Making Space

What roles can you let go of?



 Moment of Gratitude


 Key Insight


 Action Step


2.5 Release

Are there any beliefs that are not serving you anymore?

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 Moment of Gratitude


 Key Insight


 Action Step


2.6 Inside

What emotions are showing up, and what are they telling you?



 Moment of Gratitude


 Key Insight


 Action Step


2.7 Moving

Which steps can you take to recharge?



 Moment of Gratitude


 Key Insight


 Action Step


2.8 Hidden Gems

What strengths that you have are surprising you?



 Moment of Gratitude


 Key Insight


 Action Step


2.9 Intuition

What happens when you let your intuition guide you?



 Moment of Gratitude


 Key Insight


 Action Step


2.10 Glimpse

Can you see some light at the end of the tunnel already?



 Moment of Gratitude


 Key Insight


 Action Step


2.II Grounding

What brings you inner stability?



 Moment of Gratitude

 Key Insight

 Action Step

2.12 Choose Trust


What are the things that help you trust the process?





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3

New
Possibilities

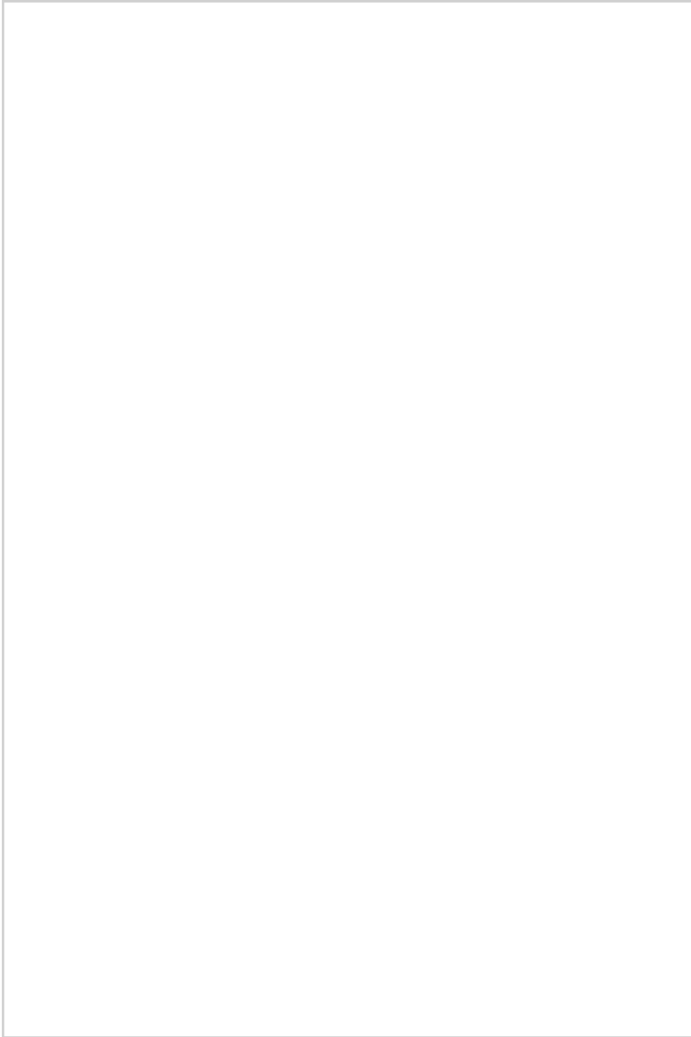
 Moment of Gratitude


 Key Insight


 Action Step


3.1 Priorities

What matters most to you right now?



 Moment of Gratitude


 Key Insight


 Action Step


3.2 Shaping

What values do you want your life to reflect?



 Moment of Gratitude


 Key Insight


 Action Step


3.3 Connections

Which relationships do you want nurture?



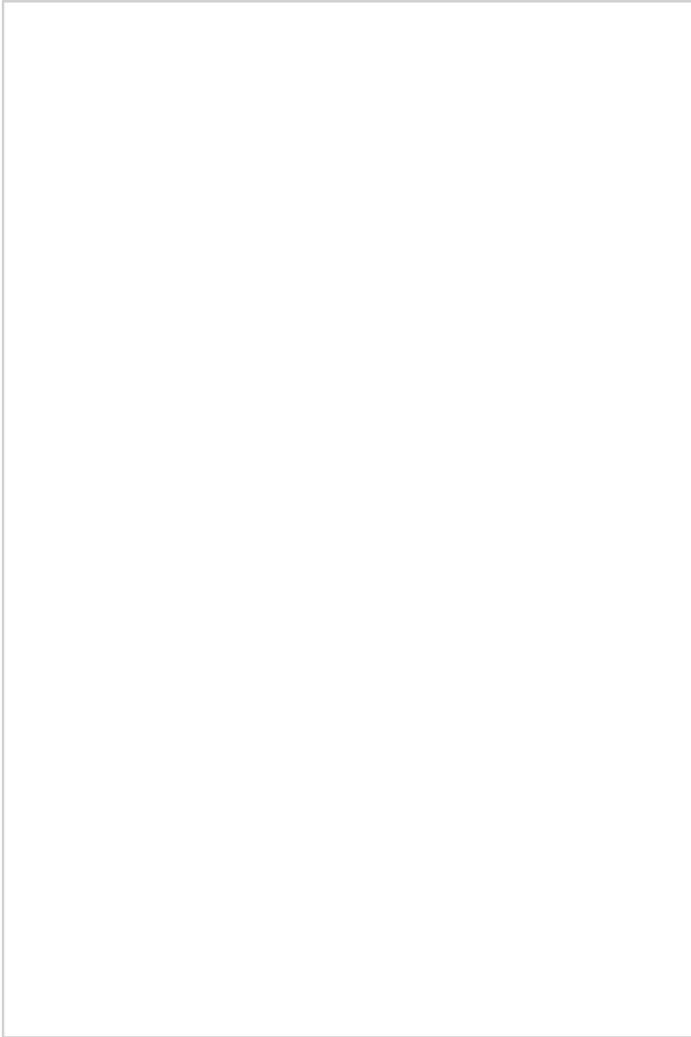
 Moment of Gratitude


 Key Insight


 Action Step


3.4 New Picture

What would a more aligned version of your life look like?



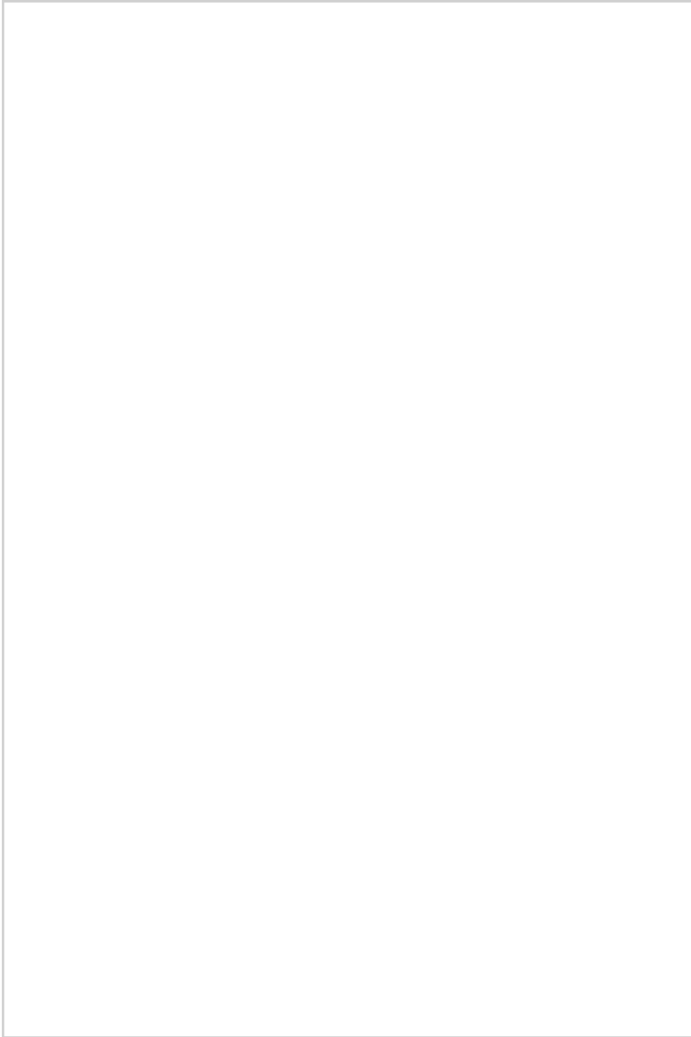
 Moment of Gratitude


 Key Insight


 Action Step


3.5 Acceptance

Are you noticing anything new about yourself in this phase?



 Moment of Gratitude


 Key Insight


 Action Step


3.6 Improving

Where do you see room for growth in yourself?



 Moment of Gratitude


 Key Insight


 Action Step


3.7 New Options

What possibilities are opening up around you?



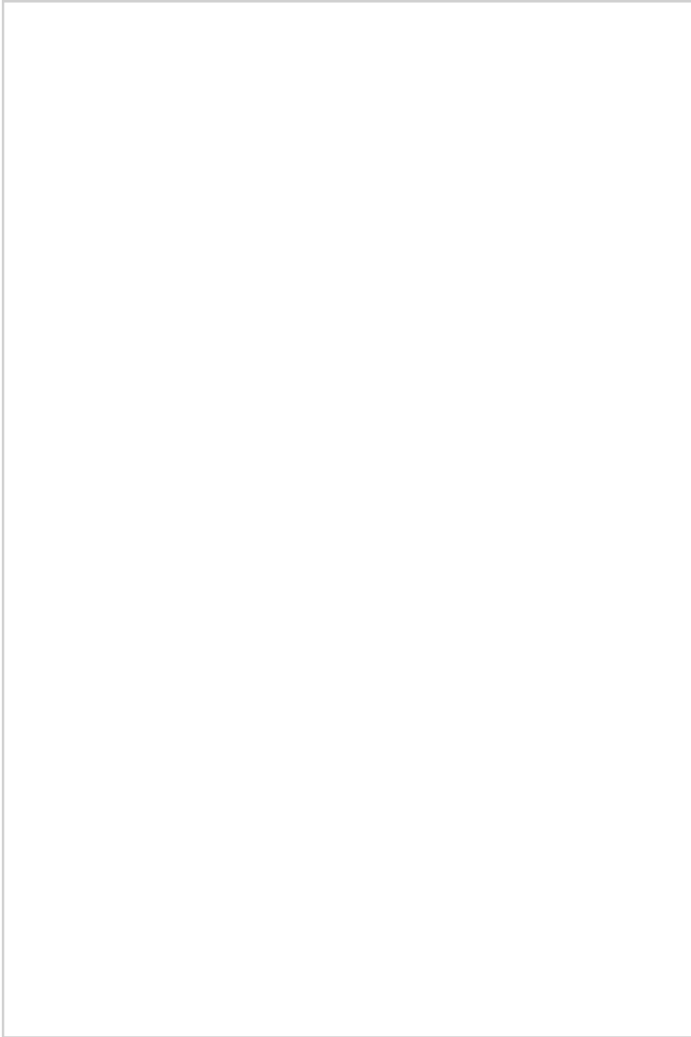
 Moment of Gratitude


 Key Insight


 Action Step


3.8 Steps

What are the first steps you feel to take?



 Moment of Gratitude


 Key Insight


 Action Step


3.9 Different Approach

What are you doing differently than you used to?



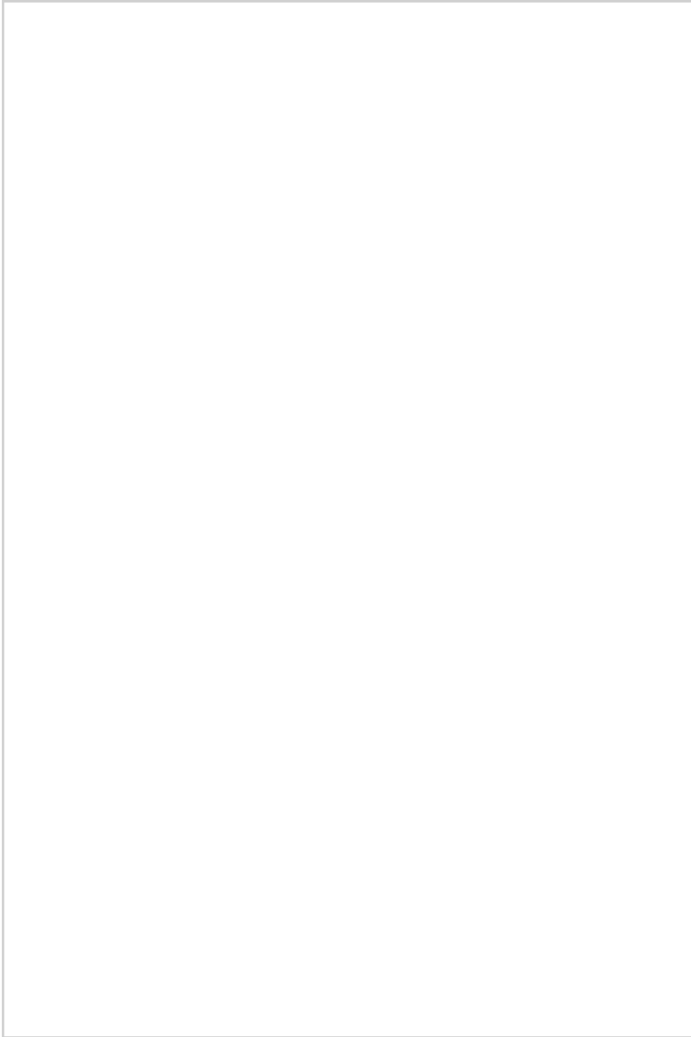
 Moment of Gratitude


 Key Insight


 Action Step


3.10 Finding the Way

Which direction feels right to move toward now?



 Moment of Gratitude


 Key Insight


 Action Step


3.II Investing

Is there anything new to learn that could support your next steps?



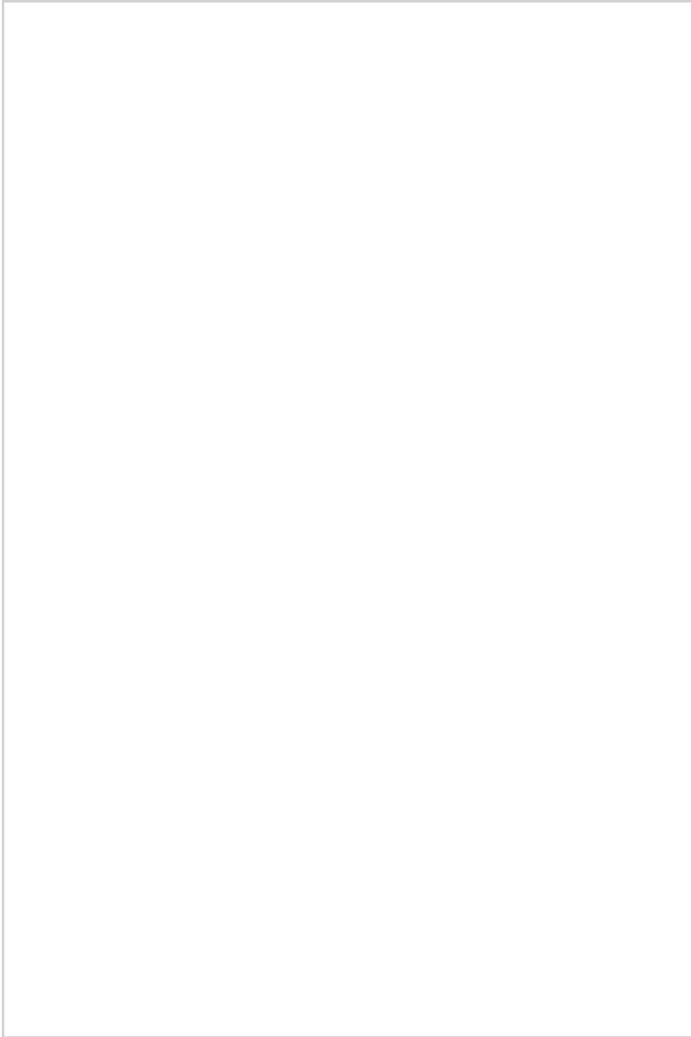
 Moment of Gratitude

 Key Insight

 Action Step

3.12 Looking Ahead


What direction feels like it's starting to take shape for you?





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4

Taking Action

 Moment of Gratitude


 Key Insight


 Action Step


4.1 Moving Forward

What steps will help move you toward your goals?



 Moment of Gratitude


 Key Insight


 Action Step


4.2 Make It Doable

How can you break something big into steps that feel doable?



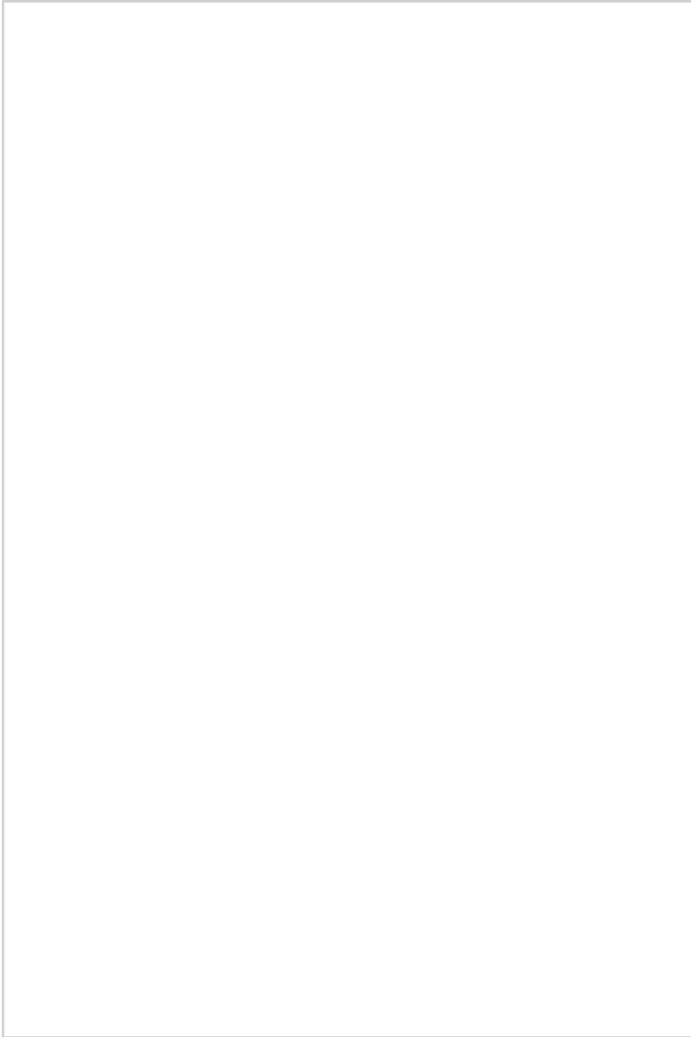
 Moment of Gratitude


 Key Insight


 Action Step


4.3 Alignment

How can your actions reflect the direction you want to go?



 Moment of Gratitude


 Key Insight


 Action Step


4.4 Exploring

What feels unfamiliar but worth trying?



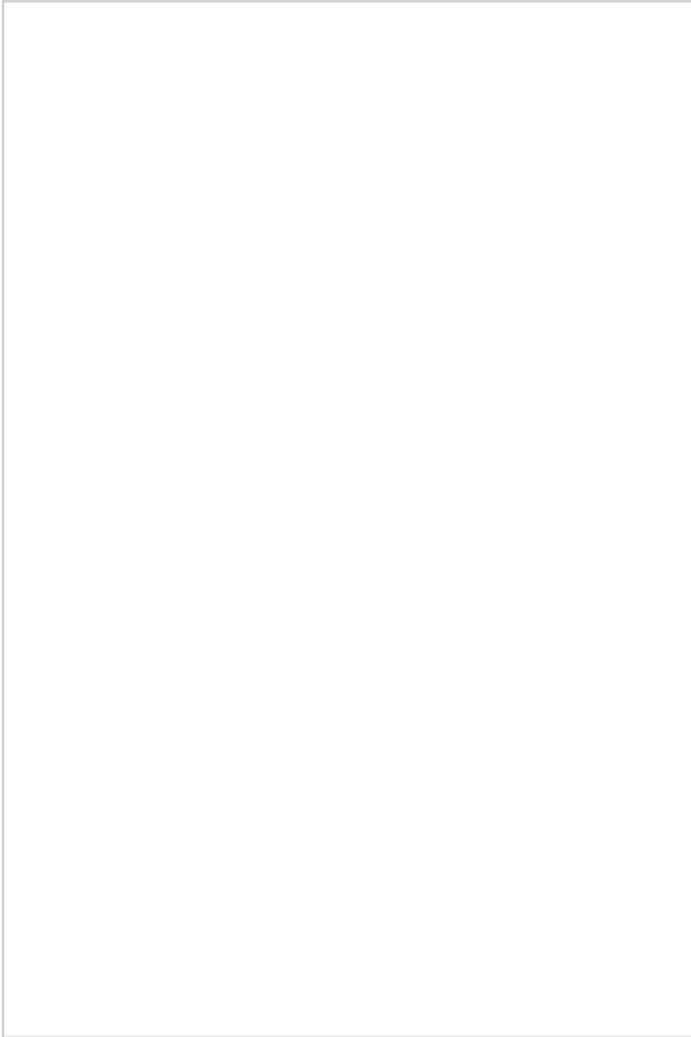
 Moment of Gratitude


 Key Insight


 Action Step


4.5 Attitude

What inner attitude helps you keep going?



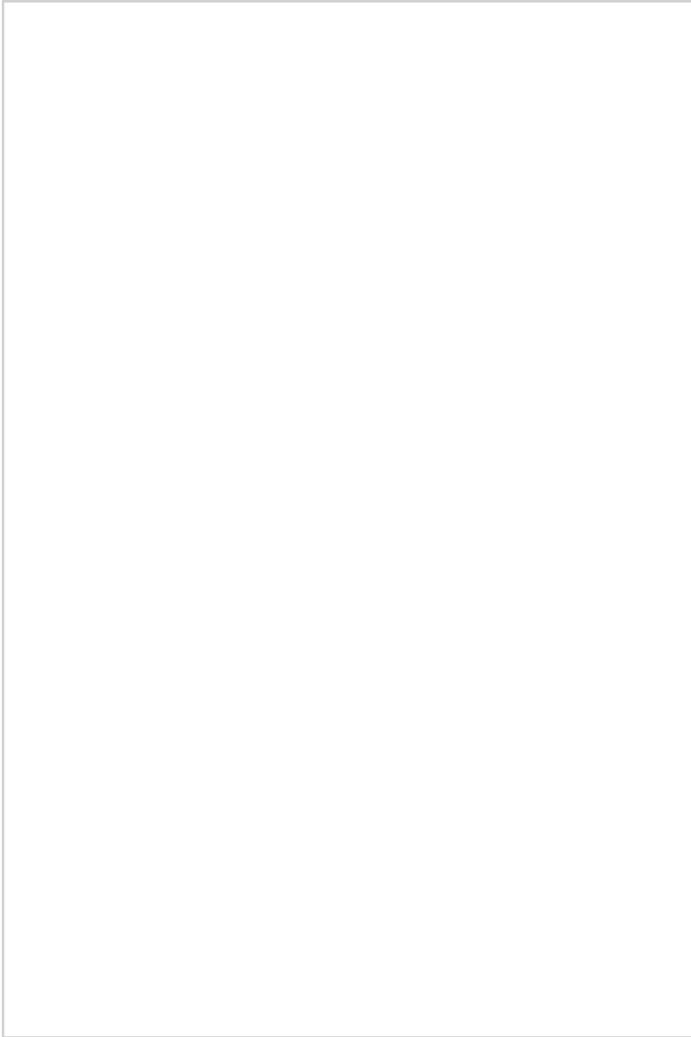
 Moment of Gratitude


 Key Insight


 Action Step


4.6 Power

What inner strengths help you follow through?



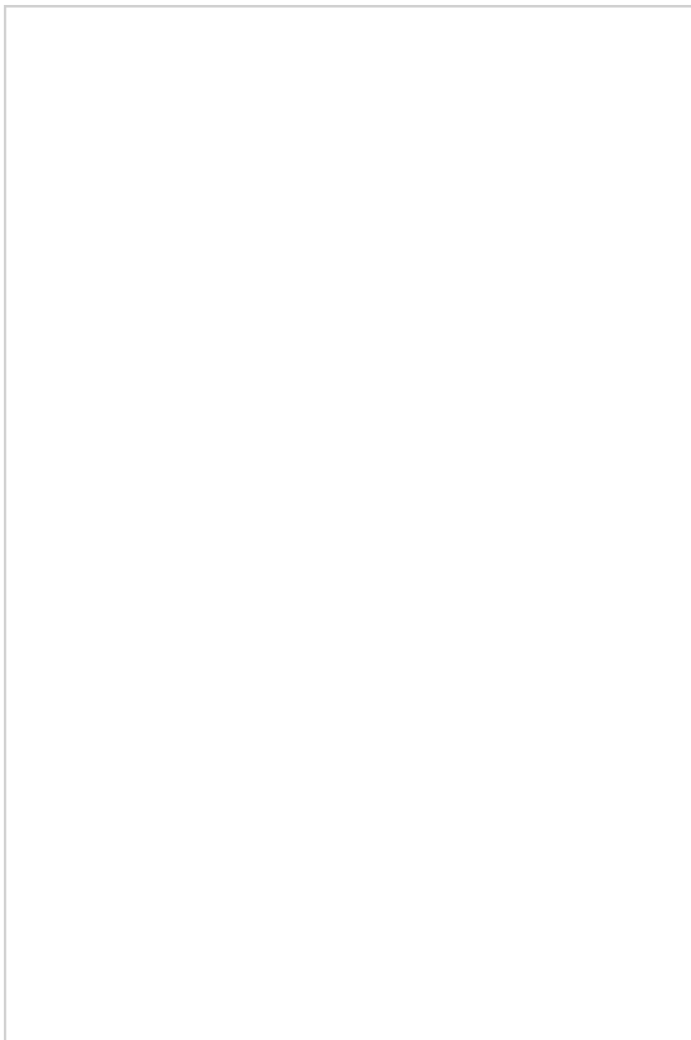
 Moment of Gratitude


 Key Insight


 Action Step


4.7 Companions

Who's walking this path with you?



 Moment of Gratitude


 Key Insight


 Action Step


4.8 Communities

Where can you connect with like-minded people?



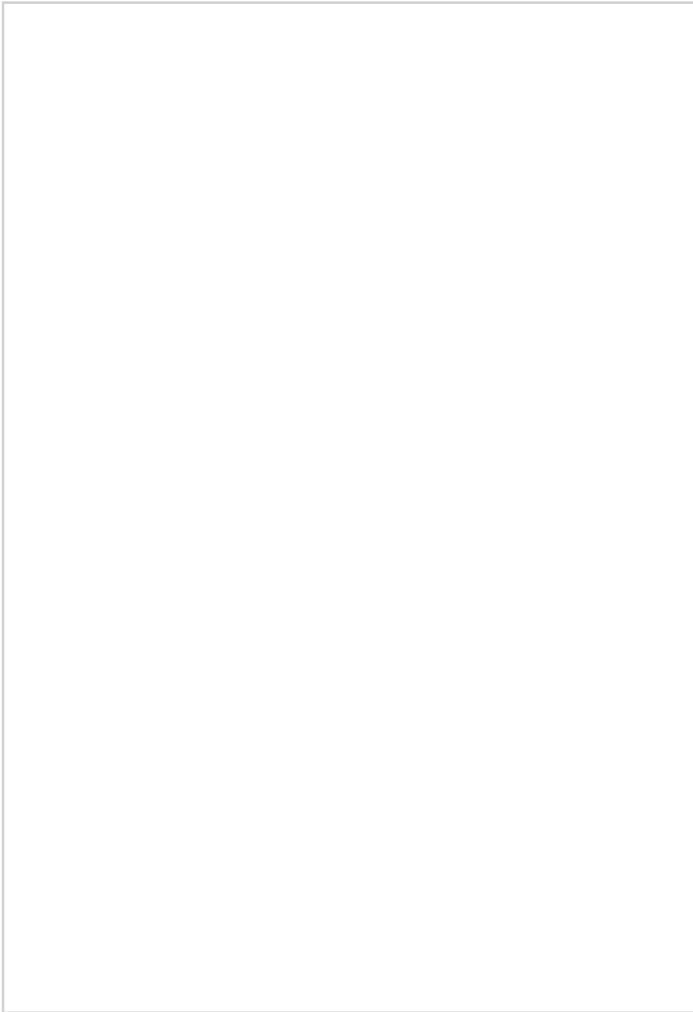
 Moment of Gratitude


 Key Insight


 Action Step


4.9 Set Yourself Up

Any outer resources that need to be stocked up in order to be helpful?



 Moment of Gratitude


 Key Insight


 Action Step


4.10 Energy Level

What restores your energy when it got drained?



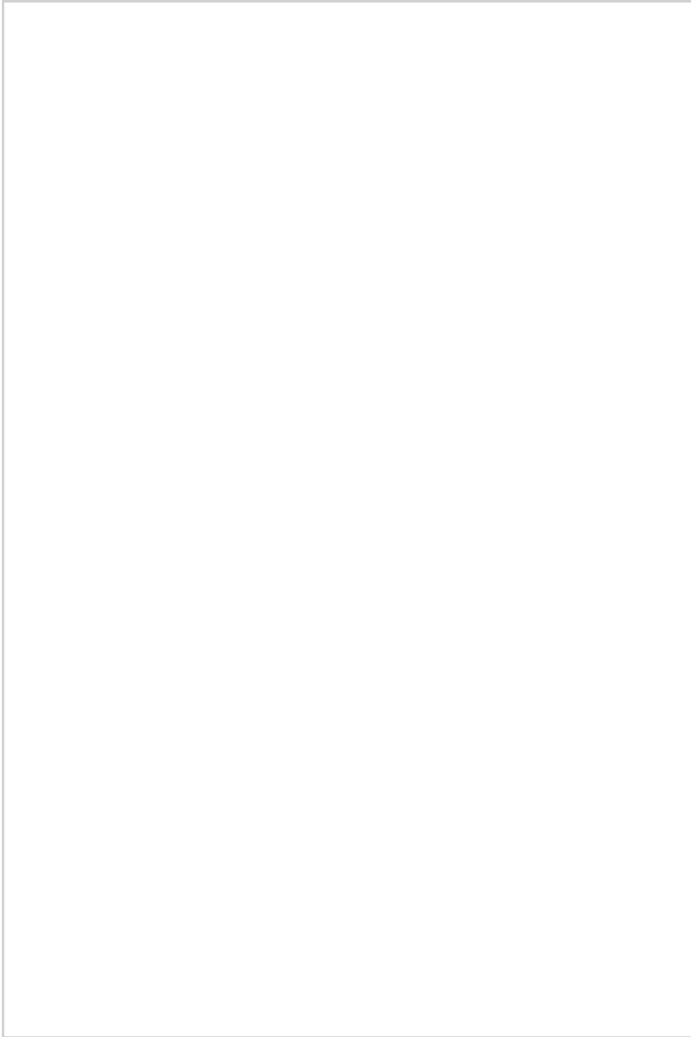
 Moment of Gratitude


 Key Insight


 Action Step


4.II Adjusting

What supports you when life takes a different turn?



 Moment of Gratitude

 Key Insight

 Action Step

4.12 Joy


What brings you joy, and how can you invite more of it into your life?





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Living the New

 Moment of Gratitude


 Key Insight


 Action Step


5.1 Checking

How does this change feel to you now?



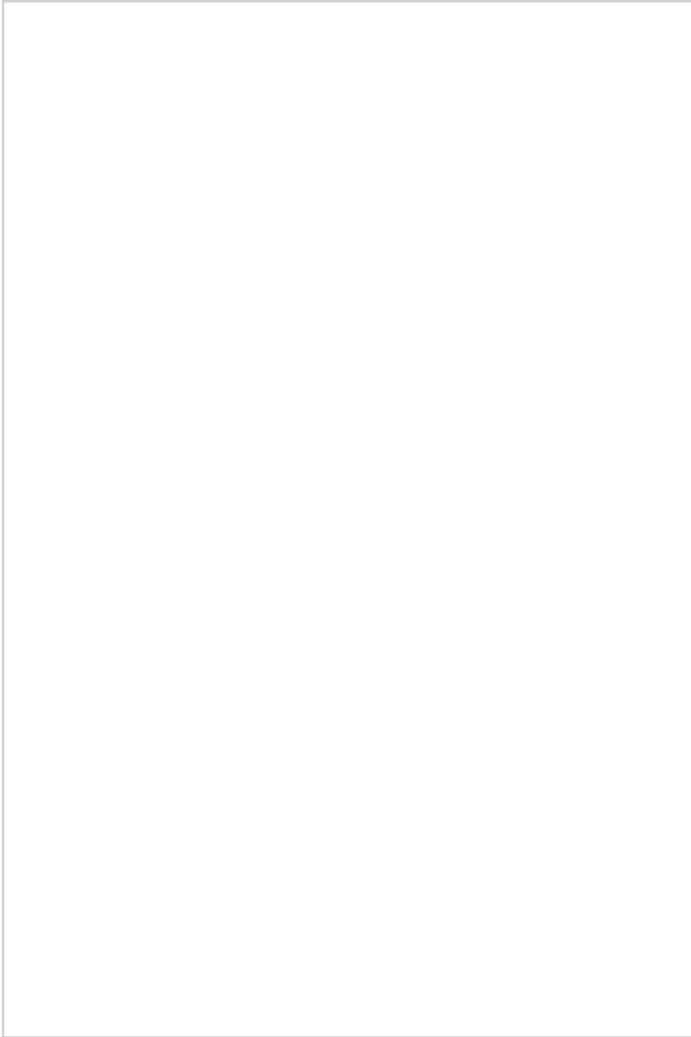
 Moment of Gratitude


 Key Insight


 Action Step


5.2 Evaluation

Can you see any positive outcomes from this change?



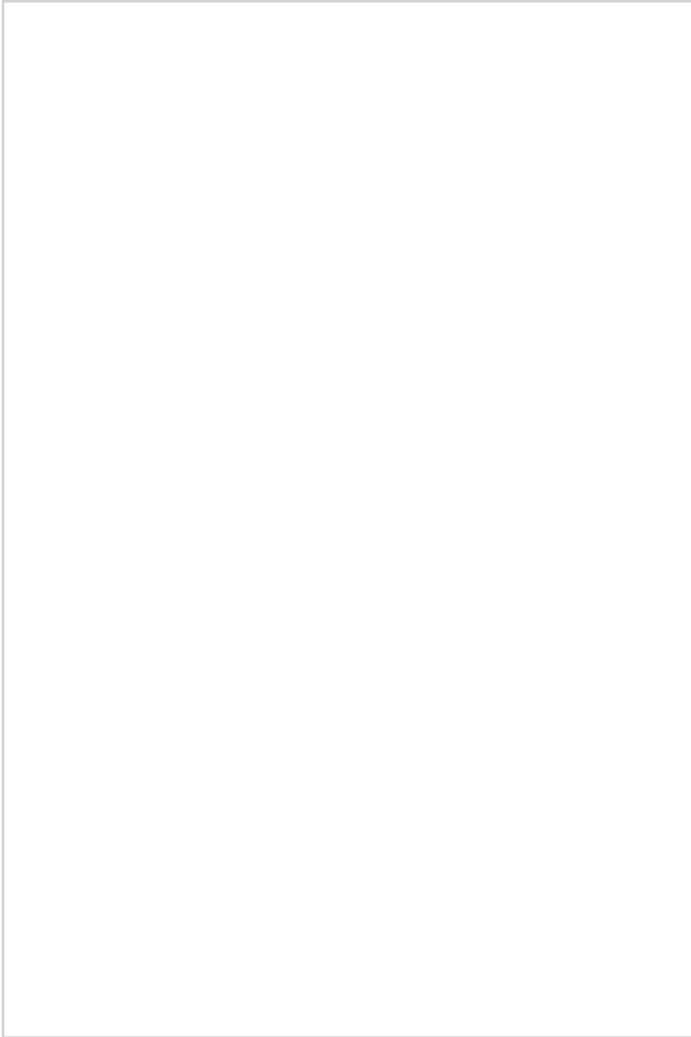
 Moment of Gratitude


 Key Insight


 Action Step


5.3 Settling In

What parts of your new life now feel familiar?



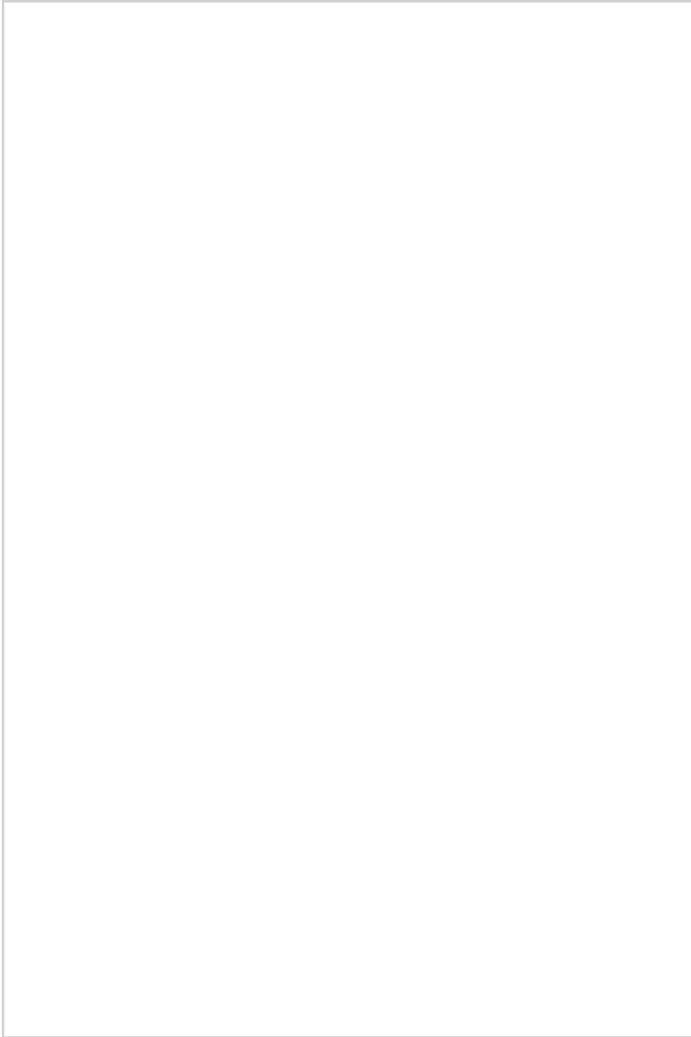
 Moment of Gratitude


 Key Insight


 Action Step


5.4 Reflection

In what deeper way has this change impacted you?

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 Moment of Gratitude


 Key Insight


 Action Step


5.5 Lessons

What has this change taught you?



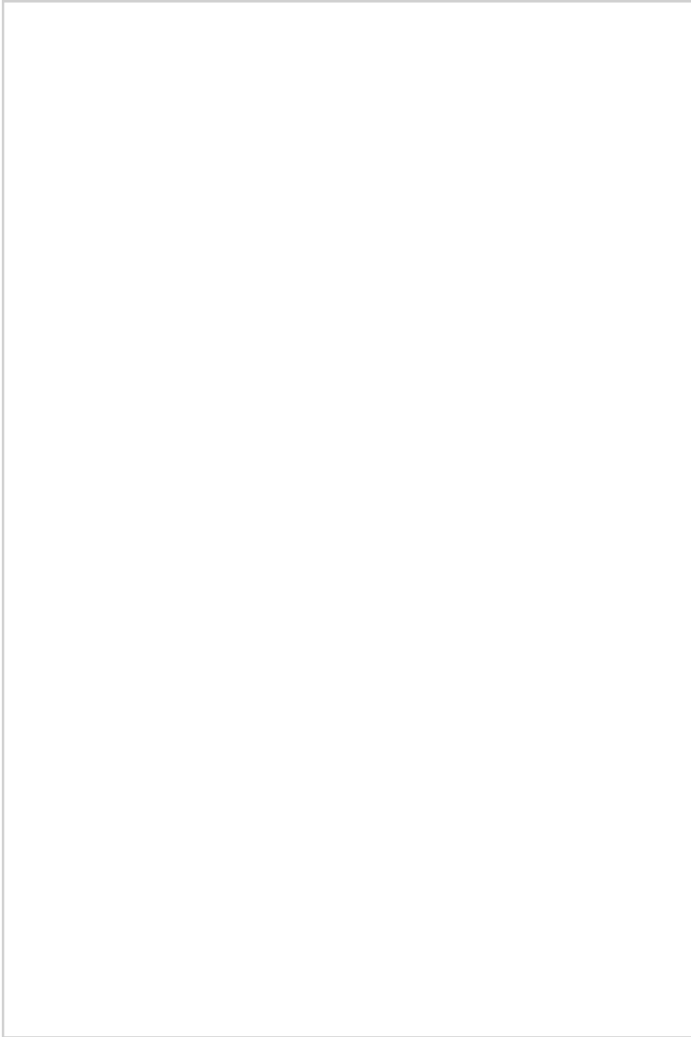
 Moment of Gratitude


 Key Insight


 Action Step


5.6 Resilience

What inner strengths helped you move through this change?



 Moment of Gratitude


 Key Insight


 Action Step


5.7 Gratitude

What are you most grateful for in this process?



 Moment of Gratitude


 Key Insight


 Action Step


5.8 Appreciation

What do you genuinely appreciate about how life is now?



 Moment of Gratitude


 Key Insight


 Action Step


5.9 Connected

What helps you stay close to what matters most?



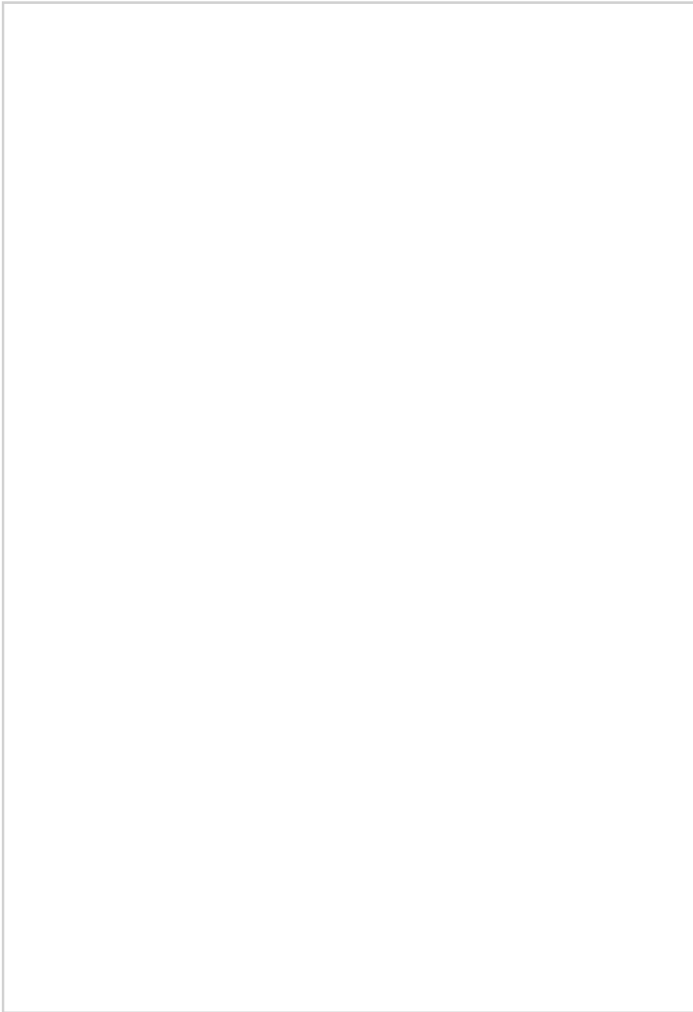
 Moment of Gratitude


 Key Insight


 Action Step


5.10 Flow of Life

Are there areas where trusting in the flow of life could be supportive?



 Moment of Gratitude


 Key Insight


 Action Step


5.II Holding Your Ground

What helps you stay centered when things around you shift?



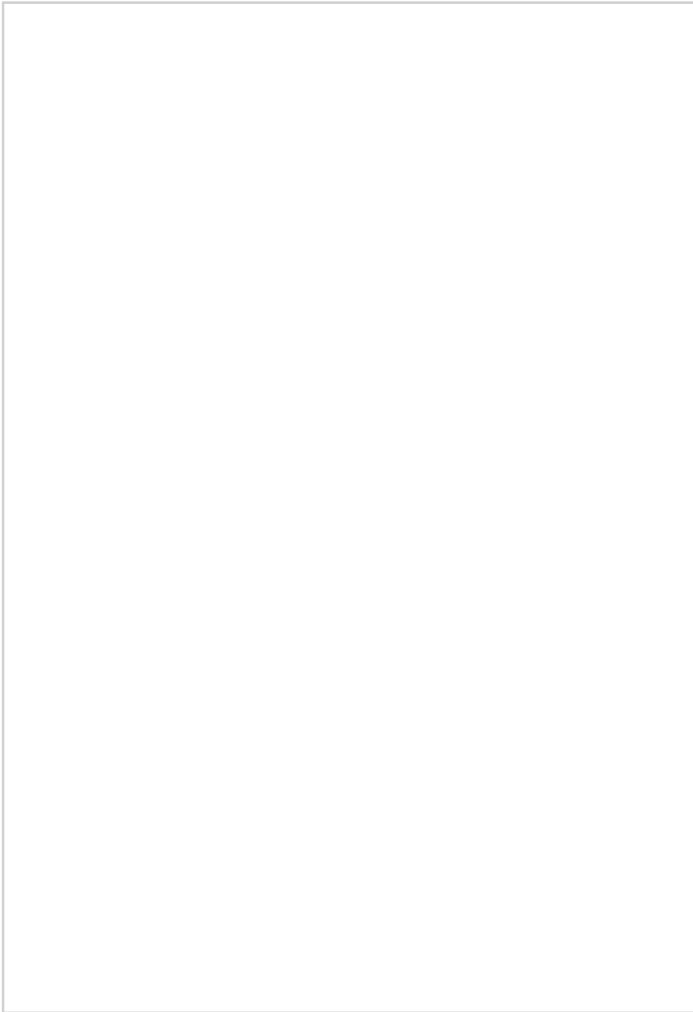
 Moment of Gratitude

 Key Insight

 Action Step

5.12 Outlook

What feels like your strongest asset for navigating future change?



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As You Continue

This journal was created as your companion through a time of change.

May everything you've explored here serve you in the steps ahead, empowering you with greater trust, clear perspective, and enduring strength.

May you be happy and well.



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Takeaways from This Journal



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