

THE 7 PHASES TO NAVIGATING LIFE'S TRANSITIONS

(WITH MINDFULNESS, GRACE, AND SELF-COMPASSION)

with journaling prompts



Amy Lindner-Lesser

www.Inntrospection.com

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Learn more about Amy's offerings at: www.INNtrospection.com

INN*trospection*
NAVIGATING GRIEF TO GROWTH

about

Grief Recovery Method® Specialist and Certified Life Transitions Coach **Amy Lindner-Lesser, MSW** compassionately supports women through the emotions and feelings of loss and grief that arise with major life transitions.



Whether it's the heart-breaking grief that arises from the loss of a loved one or the disorientation felt when life suddenly shifts due to the loss of a job, relationship, identity, or a health challenge, Amy is passionate about guiding clients to understand and navigate the transition with self-compassion.

Her own journey of navigating the losses of her husband and BFF led her to the work she is passionate about today. As she discovered and teaches, grief and loss have no set healing timetable or pace.

Amy has a master's in social work with a concentration in families and has compassionately served clients in a variety of situations, including home health care, hospice, and women's health.

Learn how Amy can help you navigate your life transition with love and compassion.

Visit for www.lntrospection.com today.

Join the private **Walking Through Loss** Facebook Group. 

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overview

We all navigate various life transitions throughout our life. Whether it's the heart-breaking grief that arises from the loss of a loved one or the disorientation felt when life suddenly shifts due to the loss of a job, relationship, identity, or a health challenge, learning to navigate those transitions with mindfulness, grace, and self-compassion is the key to finding your way back to joy, happiness, and inner peace.

Each person's journey is unique. Learning to understand the various phases of healing from loss and grief allows us to have more compassion and patience with ourselves.

In this guide, I share an overview of the 7 Phases of Navigating Life's Transitions as well as journaling prompts to support you on your journey of healing.

In honor of my late husband Stephen, I also refer to the 7 Phases as the 7 C's in deference to the seven seas and use sailing analogies because he loved to sail and it keeps him close to me.

Here is an overview of the 7 Phases (7 C's):

- | | |
|---------------|---------------|
| 1. Call | 5. Connection |
| 2. Comparison | 6. (self)Care |
| 3. Compassion | 7. Chart |
| 4. Clarity | |



Your journey to reclaiming your joy begins now.

You can either print out this guide or grab your journal. When you're ready to begin, choose a quiet place where you won't be disturbed. If desired, light a candle or diffuse your favorite essential oils.

Allow your answers to flow through you instead of taking lots of time to think about them. I recommend going back to your answers in a couple of days and dive even deeper. These prompts can be turned to again and again, as you navigate through your life transition.

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#1. Call. It's important to identify all your feelings as they arise so you can fully experience them.



What are the feelings you have about your current loss or transition?



How are these feelings affecting your life?



List each emotion that you've been feeling and any thoughts that arise with each one.

#2. Comparison. Your journey is yours alone. It's important not to fall into the trap of comparing your journey to that of others, as no two people navigate loss and transitions the same way. You may also respond to different transitions and losses in different ways. The following prompts will help you identify where you are on the journey.



How would you describe your journey? Smooth sailing, rough waters, or a combination?



What tools or resources do you have in place to help you navigate the rough patches?



Make a list of the people in your life who are emotionally available and supportive and can throw you a life vest when you're struggling.

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#3. Compassion. Grief is a complicated emotion. Oftentimes we react without realizing how we are behaving. Compassion for yourself and others is essential to your healing.



Do you find yourself being impatient, short, grumpy, or tense with yourself or others? Identify those triggers.



Where are you judging yourself, beating yourself up, or making yourself feel wrong?



What actions could you take to be gentler and show yourself and others grace?

#4. Clarity. When you have clarity on where you are in your loss journey it's a critical step to healing and getting to where you wish to go. Using the sailing analogy, a ship at sea must consistently take readings to determine where they are, especially when it is out of sight of land. It's also crucial to identify and prepare for any upcoming hazards below the water's surface. In this case, I'm referring to potential triggers such as anniversaries, work events, or holidays. Having a plan in place to emotionally navigate those milestones is important.



List out any milestone dates or events coming up in the next 3-6 months that may bring up some major emotions.



Envision how you would like to navigate those dates or events.



What new traditions can you start to make getting through them smoother sailing?

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#5. Connection. Connection is crucial during and after experiencing a loss or major life transition. Sometimes our transitions mean we lose key support in our lives. We all need connection. As human beings, we are designed to be in community and/or with others.



How has your connection to community or support changed?



Take a moment to identify the types of community and support you would like to call in.



What is one action step you will take this month to create community and connection?

#6. Care. This step refers to self-care. Emotional, physical, and spiritual self-care are the most crucial things you can do during a time of major transition. Some examples are: Setting boundaries on your time, saying no to the things you do not want to do and yes to those you do, taking naps, being in nature, reading for pleasure, and finding those things that bring you joy.



Create a list of all the things that recharge you and bring you joy so you can refer to it when you need it.



How can you add more nurturing self-care into your day?



Identify anything you're doing that no longer brings you joy. Once you identify those elements, commit to doing less of them.

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#7 Chart. This step is an empowering part of your next chapter—charting the course for your future. Start where you are and take one step forward. It's normal to have days when you feel as if you're moving backward or standing still. Remember, you are exactly where you are supposed to be. This step invites you to begin envisioning what you would like to experience in the future.



Create a list of what you'd like to experience, feel, or create in the next six months. This is your vision, there are no limitations. Have fun with this exercise.



What is one step you can take this week or this month to move you closer to reaching one of those visions?



If you feel led, create a vision board to keep your vision for the future in your energy.

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