

TRANSITIONS

Sustaining Social Change

*there is no beginning without an end
what is over? what isn't?
what can I let go?
chaos can*

New Beginning Action Plan

Now that you are feeling comfortable with the change and are settling into a New Beginning, identify a few specific actions you can take to sustain your new identity.

Think about new interests or attitudes that you have developed during this transition and how you can continue exploring them. Or if you have a new sense of purpose, think about concrete steps you can take to fulfill it.

Below are some questions to highlight how you are different now. Your answers can help shape your action plan(s).

- What were some of the new experiences you explored during your time in the Neutral Zone? (new interests, relationships, behaviors)
- Which of these would you like to continue exploring?
- What did you learn about yourself during this transition?
- What matters to you now?

Identify one goal that reflects who you are now after this transition.

List a few concrete steps you can take to accomplish this goal.

Name other people or resources you will need.