

TRANSITIONS

Sustaining Social Change

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

Four Ps

Whether you are facing an unexpected change, such as the loss of a job, or trying to sustain a change you have chosen, such as going back to school, taking time to reflect on what this change means to you can make the Neutral Zone feel less chaotic.

Use the pages below as journal entries over the course of a few days or weeks -- whatever length of time to is enough to adequately reflect on what you want to get out of this change.

The first part of this exercise is to think about your **purpose**. What do you really want to be doing now? What new opportunities does the change provide? Why does this change matter to you? Articulating your purpose can give you the necessary direction and momentum to make the most of the change.

Once you are feeling more comfortable with your purpose, **picture** what the outcome of this change will be like. Where will you be? What will you be doing? Who will be with you? Having a clear idea of where you want to end up after this change can keep you from getting discouraged along the way.

Next, make a **plan** to get you to that destination. Identifying the many steps you will need to take to reach your outcome can make the process seem more manageable.

Finally, identify people who can help you along the way and the specific **part** that they can play.

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Purpose

What do you really want to be doing now? What new opportunities does the change provide? Why does this change matter to you?

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Picture

Once you are feeling more comfortable with your purpose, **picture** what the outcome of this change will be like. Where will you be? What will you be doing? Who will be with you? Draw a picture or use symbols and short phrases to create as detailed a vision as you can.

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Plan

Break down the steps you will need to take to reach the outcome you envision. Try to be as concrete and comprehensive as possible.

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Part

Who will you need to help you reach your outcome? What, specifically, can each person do? Again, try and be as detailed as possible.