

# TRANSITIONS

Sustaining Social Change

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

## Letter of Recognition

Once you have gotten most of the way through your transition and are feeling comfortable in a New Beginning, take a few moments to write yourself a letter about what you have experienced. Doing so will not only help you to acknowledge the emotional work that you have done to reach this place in your life, but can also focus you on sustaining the transition that you have made.

Here are a few points you might want to include in your letter:

- What are some things you learned about yourself as you experienced this transition?
- What were the particularly challenging moments?
- Did you uncover any new strengths or passions?
- Were there people who were particularly helpful? In what ways?
- Describe in as much detail as possible who you are after the change and how you are different.
- How do you plan to continue working on your transition?