

TRANSITIONS

Sustaining Social Change

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

Neutral Zone Journal

The Neutral Zone is a time of great creativity, but sometimes creative moments are fleeting. Jot down any ideas you get about exploring new paths or trying out new behaviors. Capturing your thoughts on paper and developing them in a journal can increase the likelihood that you will act on them later.