

# TRANSITIONS

Sustaining Social Change

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

## Shipping Labels

Once you have taken stock of what you have derived from the past, sort through which of these assets would be most helpful to manage this transition. Those that you need right away should be shipped via "Air"; those that you want to hold on to, but don't need right away can be sent by "Sea"; those that you don't want to let go of, but know won't be helpful to you now (such as particular relationships) can go into "Storage"; and those behaviors, attitudes, relationships that can no longer serve you have to be left behind.

