What is changing? What is staying?

Naming both can make a transition feel less like everything is happening at once.

The transition I am navigating

A short description in my own words

What is changing

Housing, work, income, responsibilities or relationships

What is staying / what already helps

Routines, resources, people and strengths I can keep

What I do not know yet

Questions I can leave open while I gather information

Identify one stable support you can keep this week.