

MANAGING LIFE'S ONGOING

TRANSITIONS



• STUDY GUIDE •

Create an action plan to best adapt your strengths while retaining a strong identity.

WELCOME TO TRANSITION – A TASTE OF OXYGEN EVENT

WHAT YOU CAN EXPECT FROM TODAY'S SESSION:

We won't solve all of your transition or relationship issues, but we will give you some helpful tools to use and resources to explore in the future.

You will walk away with a game plan for how to adapt your strengths to civilian life and how to retain a strong identity during your transition.

You will not be asked to speak about something you do not wish to talk about publicly.



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TRANSITION IS PART OF LIFE

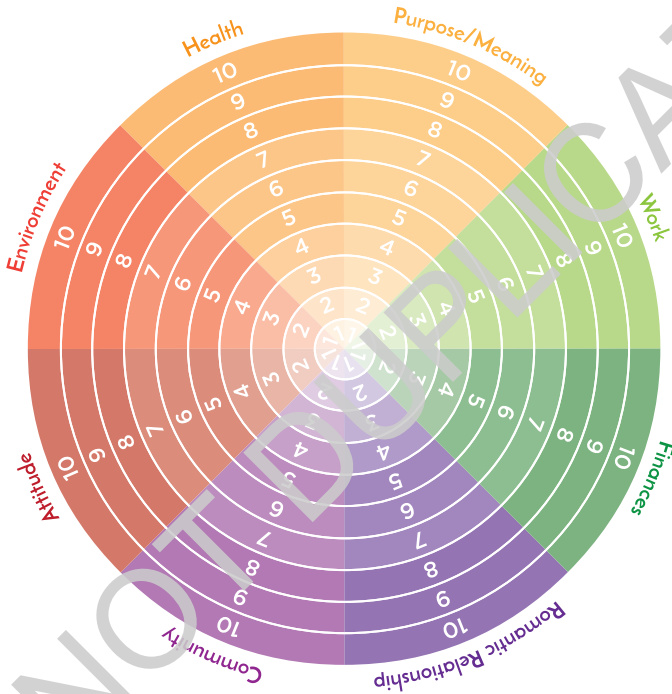
1. List common examples of general transitions in life (such as getting married; having a child):

2. List examples of transitions particular to the military community:

3. Describe a transition that you are currently facing:

WHEEL OF A LIFE IN TRANSITION

Instructions: Rate your current level of satisfaction in each area.
[10 = Extremely Satisfied, 1 = Extremely Unsatisfied]



What do the spokes look like in your life?

1. Purpose/Meaning _____
2. Work _____
3. Finances _____
4. Romantic Relationships _____
5. Community _____
6. Attitude _____
7. Environment _____
8. Health _____



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PERSONAL STRENGTHS

Circle 5 strengths that best describe you:

- | | | | |
|---------------|------------------|--------------|------------------|
| Accepting | Direct | Just | Romantic |
| Achieving | Disciplined | Kind | Self-aware |
| Adaptable | Easy-going | Leading | Self-disciplined |
| Adventurous | Efficient | Loving | Selfless |
| Affectionate | Empathetic | Loyal | Sensitive |
| Alert | Energetic | Mature | Serious |
| Ambitious | Enthusiastic | Modest | Sincere |
| Analytical | Faith in oneself | Moral | Skilled |
| Artistic | Faith in others | Motivating | Smart |
| Assertive | Faithful | Natural | Spiritual |
| Attractive | Flexible | Neat | Spontaneous |
| Aware | Focused | Nurturing | Stable |
| Balanced | Forgiving | Obedient | Steadfast |
| Brave | Friendly | Open-minded | Strategic |
| Bright | Frugal | Optimistic | Strong |
| Calm | Funny | Organized | Strong-willed |
| Carefree | Generous | Original | Stylish |
| Careful | Gentle | Outgoing | Successful |
| Caring | Giving | Passionate | Supportive |
| Centered | Graceful | Patient | Sympathetic |
| Charitable | Grateful | Peaceful | Tactful |
| Charming | Happy | Persuasive | Tender |
| Cheerful | Hard-working | Playful | Thinking |
| Communicative | Healthy | Poetic | Thoughtful |
| Compassionate | Helpful | Polite | Tolerant |
| Competitive | Honest | Positive | Tough |
| Confident | Hopeful | Practical | Trusting |
| Considerate | Humble | Precise | Trustworthy |
| Consistent | Idealistic | Professional | Understanding |
| Content | Imaginative | Punctual | Unwavering |
| Cooperative | Independent | Questioning | Uplifting |
| Courageous | Influential | Realistic | Warm |
| Creative | Inspirational | Reliable | Willing |
| Curious | Integrity | Resilient | Wise |
| Decisive | Intelligent | Resourceful | Witty |
| Dependable | Intense | Respectful | |
| Determined | Joyful | Responsible | |

ADAPTING YOUR UNIQUE STRENGTHS

Each person is unique, and the interaction of your five strengths equips you to contribute to your family, workplace, and community in ways no one else can.

STRENGTH #1:

How has this strength served you in the past?	How could you adapt this strength to serve you in this transition?

STRENGTH #2:

How has this strength served you in the past?	How could you adapt this strength to serve you in this transition?

STRENGTH #3:

How has this strength served you in the past?	How could you adapt this strength to serve you in this transition?

STRENGTH #4:

How has this strength served you in the past?	How could you adapt this strength to serve you in this transition?

STRENGTH #5:

How has this strength served you in the past?	How could you adapt this strength to serve you in this transition?



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APPLYING YOUR STRENGTHS

Identify the three strengths that will be most helpful in this season of transition:

1. _____ 2. _____ 3. _____

In light of these strengths, which communities would you like to become involved with during your transition:

“You are the average of the five people you spend the most time with.” —Jim Rohn

ACTION PLAN:

Referencing the wheel, what is **one** thing you can do to move **one** area of the wheel up **one** level of satisfaction:



Learn how to navigate the stages of transition as we interview transition counselor Karen Herold! Scan the QR Code to access the video interview or head to <https://qrcode/Herold-Transitions>. For more resources, check out the Stronger Families Podcast: Heroes At Home!



SCAN ME

STRONGER FAMILIES ONLINE

Stronger Families exists to provide Service Members and First Responders with helpful relationship tools for use at home and on mission. To find out more, [go to www.strongerfamilies.com](http://www.strongerfamilies.com)

JOIN US ON SOCIAL

Find additional resources, stories and ideas on the Stronger Families Facebook or Instagram channels. Scan the QR code or go to www.strongerfamilies.com/social to find the latest!



EXPERIENCE THE ENTIRE SERIES

Ask today's instructor about additional opportunities to explore all the topics listed below:



- Communication
- Conflict
- Differences
- Relational Styles
- Transition
- Leading From Your Strengths