

## MANAGING LIFE'S ONGOING **TRANSITIONS**



### • STUDY GUIDE •

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

# WELCOME TO THE WELLNESS BLOCK TRAINING

WHAT YOU CAN EXPECT FROM TODAY'S SESSION ON TRANSITION:

We won't solve all of your transition or work place 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 department life and how to retain a strong identity during your career.

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





# DEALING WITH LIFE TRANSITIONS

1. List common examples of life transitions that affect your work and home life? (such as having a child, getting a divorce, getting a different work assignment):

---

---

---

---

---

2. List examples of transitions particular to the first responder community:

---

---

---

---

---

3. Describe a transition that you are currently experiencing:

---

---

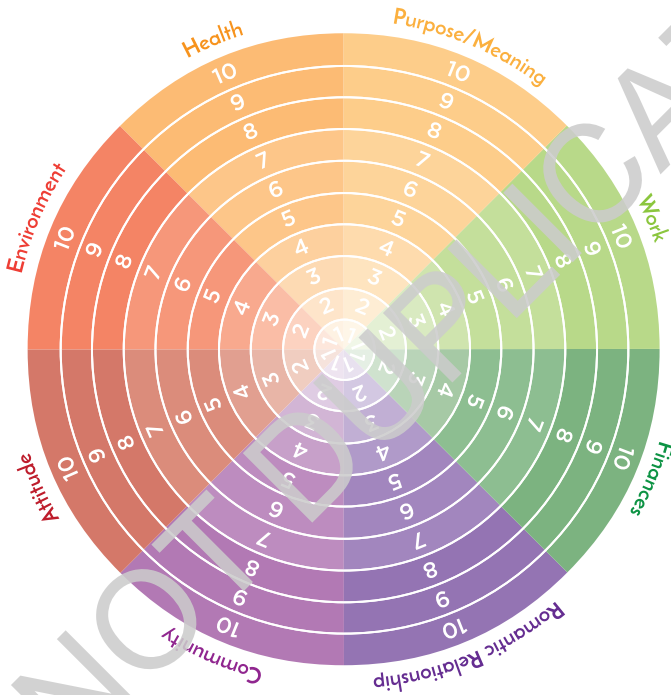
---

---

---

# 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 \_\_\_\_\_



# 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	Nest	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?



# APPLYING YOUR STRENGTHS

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

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

A sense of community can help navigate challenges that arise during phases of transition. Consider your three most helpful strengths listed above. How can these help you get more connected in your communities. What communities would you like to find yourself more involved in. (Example: you are involved with your local community club, your inspirational strength may guide you to becoming a coach).

---

---

---

---

**“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:

---

---

---

## 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](http://www.strongerfamilies.com/social) to find the latest!



## ATTEND OUR FIRST RESPONDER RETREAT

If you're seeking to improve and strengthen your relationship, this is the retreat for you and your significant other. Our retreat covers common relationship challenges, such as:



- Personality Differences
- Communication
- Conflict Resolution
- Intimacy
- Forgiveness