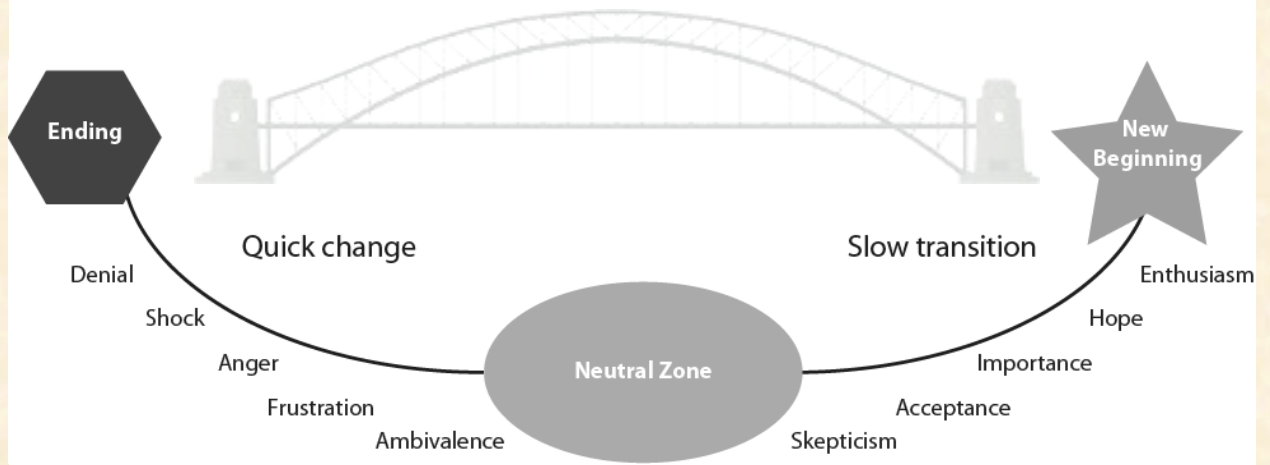


## Worksheet # 2 - Transitioning through Change



In the process of transitioning through change, you must to let go of how things used to be and go through a time of uncertainty and confusion in order to arrive at a place where there's a new beginning. To let go of the old and to enter a time of uncertainty can be difficult, but this time in the "Neutral Zone" is the necessary bridge you must go across in order to arrive at a new beginning.



### Notes:

## Worksheet # 2 - Transitioning through Change

### Page 2

#### Three Phases to Transitioning through Change

**PHASE #1:**

**PHASE #2:**

***Four reasons “The Neutral Zone” feels terrifying:***

- 1.
- 2.
- 3.
- 4.

## Worksheet # 2 - Transitioning through Change

### Page 3

**Four reasons “The Neutral Zone” feels exciting:**

- 1.
- 2.
- 3.
- 4.

**Remember:**

Going through the “The Neutral Zone” takes \_\_\_\_\_.

**PHASE #3:**