

# Throw into Transition: Now What Do I Do?

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A companion guide to Throw into Transition: The Movie





# Step 1 – Stop Being the Victim!

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1. How much longer will I grieve?

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2. The words that can make me stronger are:

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# Step 2 – Take Stock on What You Have

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1. What skills do I have? Be sure to include hard (keyboarding or artist, e.g.) and soft (good problem-solver or organized, e.g.).

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2. What tangibles do I own (home, cabin, lakefront property, farm or annuities, e.g.)?

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3. What do I do better than anyone else?

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# Step 3 – Begin to See the Possibilities

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1. What are the top 5 things you love to do?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

2. Compare this list with your assets from Step 2. What thoughts come to mind? Do you see any similarities or ideas of a direction you might like to pursue? Do not discriminate and write them below.

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# Step 4 – Keep & Accentuate the Positive

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1. What makes me happy and what is positive in my life is:

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# Step 5 – Take Action

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1. My action plan for now is:

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2. My action plan for tomorrow:

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3. My action plan for next week is:

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# Be Persistent with Resistance

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1. Being opposed to change has cost me:

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# The Make-or-Break Shift

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1. I would change the way I live my life by:

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# After the Transition

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1. The next steps I will take are:

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2. I will prepare for the next change by:

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# In Gratitude

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Dear Valued Friend and Viewer,

There are not enough words to express the appreciation felt in taking time out of your precious schedule to watch, write, and learn through the transitions of your life.

To further assist you in your dreams and endeavors, follow me at “PeggyLeeHanson” on [Twitter](#) and [Facebook](#). You may also subscribe to my [blog](#) by clicking on the linked text, and will now receive my [newsletter](#) for participating in one of my programs.

Every day change occurs and we need the inspiration, encouragement, and support to get through it all.

May God, the Universe, or whom/whatever you view as Source be with you.

In gratitude and appreciation,

A handwritten signature in blue ink that reads "Peggy Lee". The signature is written in a cursive, flowing style.

[PeggyLee@MyDreamArchitect.com](mailto:PeggyLee@MyDreamArchitect.com)

Personal Transition Guidance, LLC