Recording Positive Transitions

This worksheet accompanies the podcast on life transitions and career planning. One of the techniques discussed in the podcast was to write down three examples of positive transitions that you have made in a work or non-work setting.

For each example write down the transition that you made and what you did to turn it into a positive transition.

Example 1

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Example 2

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Example 3

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From each of these examples it will be useful for you to think about whether there are any common themes that run through them that you do. For example, it could be that no matter what the obstacle is you always try to remain optimistic and by doing so you are able to turn a situation into a positive transition.