

Moving through change

Life transitions & aging

A changing season can hold both possibility and loss. You can acknowledge what is different without rushing yourself to have all the answers.

Take your time. A few words are enough. Skip any question that does not feel helpful.

01 Name what is changing.

What is different in my life, and what am I still adjusting to?

Consider routines, work, retirement, relationships, health-related responsibilities, or your sense of identity. Share only what feels useful to you.

02 Keep hold of what matters.

Which values, relationships, or practices do I want to carry into this next season?

You do not have to leave everything behind. Notice what offers continuity, meaning, or spiritual grounding.

03 Ask for the right support.

What could make the next week a little more manageable?

Consider a practical question to ask, a routine to simplify, or a trusted person or community resource to contact. You do not have to navigate every change alone.

Original IOH reflection for personal growth and encouragement; not an assessment or therapy. Continue drawing on the people, professionals, and communities that support you.