



6 REFLECTION PROMPTS FOR NAVIGATING A LIFE TRANSITION

Understand Your Past to Guide You to Your Future

Whether you recently experienced a transition from a job, long-term relationship or entering retirement—or are in the middle of a transition currently—the first step in embracing your next chapter is to gather wisdom. Try the six journal prompts below to explore your feelings and opinions before the change. By reflecting on your use of character strengths in the past, you gain perspective that can help you move forward.

1

What was good about where you were?

2

What character strengths were you able to express?

3

What gave you energy?

4

What drained you?

5

Did parts of you feel stifled?

6

What character strengths might have been suppressed?