

On Firm Ground



*“Every beginning is a consequence.
Every beginning ends something.”*

Paul Valery

- Common feelings may include an increase in self-esteem, increase in self worth, and more optimism and hope about the future.
- You can assess which skills helped you through transition and which worked best.
- You are ready to take on the new because you have let go of the old.
- You know more about who you are, what you want, and how to adapt.
- You are receptive to assistance from others. Using all available resources has helped you to see the possibilities.
- Allowing time for grief work to take place and family members to share their feelings has helped to resume a full and meaningful life.
- Regaining your personal power and confidence as you transition into a new phase of your life. Change is no longer directing your life. You are directing the change.

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