

# **LIFE** ON **YOUR** **TERMS** **ACCELERATOR**

## **The 4 Stages of Transition**

**Special Report**

**By Shann Vander Leek**

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## Greetings!

Thank you for purchasing *Life on Your Terms: The Support You Need to Follow Your Passion From Inspirational Entrepreneurs*.

The purpose of this special report is to provide you with the support you need to gracefully navigate through your next significant transition.

Not too long ago, I made one of the most important decisions in my life. The promise to leave Corporate America and give my entrepreneurial calling a shot. No longer a company creature; my former job was surely destroying my soul. Today I understand that without experiencing the extreme discomfort, I may have never allowed myself to consider following my dreams and creating my life on my terms.

Significant transitions are a natural part of our lives. This report will show you how to care for yourself through each phase of your experience. You will find informative descriptions about each stage, supportive tips for self-care and a better understanding of the cycles of metamorphic change.

You want to live your life on your own terms. You want to follow your passion without being chained to someone else's dream. You are ready to move forward in the direction of your choosing. It's time to get moving—to wake up, lift the veil of the status quo, and embrace the richness of a full life!

Yours in Liberation,

# Significant transitions begin with discomfort.

## STAGE 1 – PAIN AND SUFFERING

A change is coming on. You can feel it. You can smell it. But you might not be sure what the change is or what to do about it. The more you fight it and try to get logical about this change, the longer you'll stay in the pain and suffering stage.

### **Symptoms:**

*Frightened, in Grief, Angry, Confused, Uncertain, Negative, Defensive, Reactive and Trapped. You may Distrust your decisions and your intuition. You are likely to Worry more than usual.*

### ■ **What to do:**

Stay with your routines that you know work for you. Don't over commit to others at home or at work. Allow yourself to go internal when you need to. Create a **Luscious Daily Habits** list and stick to it. Make these "habits" nurturing, easy and fun. Create habits that nurture you without calling up willpower. Items on my **Luscious List**:

*Bubble bath, inspirational reading, catching the magic of a sunset, fresh cut flowers, playing on a swing set, listening to great music, yoga practice, playing outside with my daughter, preparing a healthy meal, writing in my gratitude journal.*

### ■ **What makes your Luscious List?**

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