

Foundation Five

Transition

Courageously Stepping Into the Next Chapter

“Every ending carries within it the possibility of a faithful beginning.”

Preparing the Soil

Life is a series of seasons.

...Some arrive with celebration.

...Others arrive with tears.

Some we choose.

...Others choose us.

- Birth.
- Graduation.
- Marriage.
- Parenthood.
- Retirement.
- Loss.
- Illness.
- Recovery.
- Moving.
- Career changes.
- Children leaving home.
- The death of someone we love.

Every one of these moments asks something of us.

Not merely to survive the change.

But to become through it.

Transition is not simply about what is changing around us.

Transition is about what is changing within us.

The Big Idea

Healthy people do not avoid transition.

...They learn to move through it with courage, wisdom, and hope.

Every transition invites us to release something.

...Receive something.

...And become someone.

Life is continually asking,

“Will you trust me enough to take the next step?”

The Bridge

Imagine standing before a bridge.

...Behind you is everything familiar.

...Ahead lies uncertainty.

Most people hesitate in the middle.

...Not because they are weak.

...But because bridges require trust.

You cannot stand on both sides forever.

...Eventually, every bridge asks us to move.

LifeCare FIRST does not rush people across the bridge.

...It simply reminds them that staying in the middle forever eventually becomes its own kind of suffering.

Honoring What Was

One of the greatest mistakes people make during transition is believing they must immediately celebrate what comes next.

Healthy transition first honors what has been.

- There are seasons worth grieving.
- Dreams worth mourning.
- Relationships worth remembering.
- Chapters worth thanking.

Honoring the past is not becoming trapped by it.

...It is acknowledging that it mattered.

Only what has been honored can be released with gratitude.

Welcoming What Can Be

Every new season begins with uncertainty.

...No one begins with complete confidence.

Hope rarely arrives fully formed.

...It grows one faithful step at a time.

Instead of asking,

“What if I fail?”

Try asking,

“What if this new season teaches me something beautiful about myself that I could discover no other way?”

That question changes everything.

Transitions Reveal Values

Times of transition have a way of exposing what matters most.

- Titles change
- Roles change
- Possessions change
- Abilities change

But, character...

Compassion...

Integrity...

Presence...

Love...

These become the anchors we carry into every new season.

Transition reminds us that our deepest identity travels with us.

SMART Goals: Acts of Hope

Goals are not merely plans.

...They are declarations that tomorrow matters.

A healthy goal is both realistic and meaningful.

Specific.

Measurable.

Achievable.

Relevant.

Time-bound.

But beneath every SMART goal lives something even more important:

...Hope

Every goal quietly says,

"I believe growth remains possible."

That belief becomes the beginning of movement.

Choose one meaningful goal for this season.

...Not to become worthy.

But because you already possess worth.

Choose it because flourishing continues through intentional participation.

Presence Pause

Close your eyes.

Imagine yourself standing on a bridge.

Behind you lies one season of your life.

Ahead is another.

- Notice what you are *grateful* for.
- Notice what you are *grieving*.
- Notice what you are *hoping* for.

Now quietly ask yourself:

“What is one faithful step I can take today?”

...Not ten steps, ...just one.

Sometimes one faithful step changes an entire life.

Reflection

Complete these sentences.

The season I am leaving behind is...

The hardest part of letting go is...

The new season is inviting me to...

One faithful step I will take this week is...

My SMART Goal for this season is...

Why this goal matters to me...

This Week's Practice

Every morning ask:

“What is today’s faithful step?”

Every evening ask:

“What did I learn about myself today?”

Growth rarely happens through giant leaps.

...It happens through faithful steps repeated over time.

Weekly Blessing

May you honor every season that has shaped you.

May you release yesterday with gratitude.

May you welcome tomorrow with courage.

May uncertainty become an invitation rather than an obstacle.

May your hope remain stronger than your fear.

May your next chapter become one of the most meaningful chapters of your story.

And may you always remember:

- ***Life is not asking you to become someone else.***
- ***Life is inviting you to become more fully yourself.***