

# LIFE



# transitions

## 22 DAYS JOURNALING CHALLENGE

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# TABLE OF CONTENTS

Introduction.....	4
<b>DAY 1</b>	
A New Chapter .....	6
<b>DAY 2</b>	
Disruption .....	7
<b>DAY 3</b>	
Control & Release .....	8
<b>DAY 4</b>	
Looking Back .....	9
<b>DAY 5</b>	
Looking Forward .....	11
<b>DAY 6</b>	
Owning Your Emotions.....	12
<b>DAY 7</b>	
Strength & Weakness .....	13
<b>DAY 8</b>	
Self-Doubt .....	14
<b>DAY 9</b>	
Identity Shift .....	15
<b>DAY 10</b>	
Loss .....	16
<b>DAY 11</b>	
Check-In .....	17

<b>DAY 12</b>	
Support Networks .....	18
<b>DAY 13</b>	
Purpose for the Future .....	19
<b>DAY 14</b>	
In-Between Days .....	20
<b>DAY 15</b>	
Growing Pains .....	21
<b>DAY 16</b>	
Past Lessons .....	22
<b>DAY 17</b>	
Helping Others.....	23
<b>DAY 18</b>	
Opportunities for Growth .....	24
<b>DAY 19</b>	
Focusing on the Why .....	25
<b>DAY 20</b>	
Future Challenges .....	27
<b>DAY 21</b>	
Love .....	28
<b>DAY 22</b>	
Onward .....	29
Conclusion .....	30

# INTRODUCTION

You have probably figured out by now that your life path does not always go in a straight line. Sometimes you might feel like you are running full speed ahead toward the next milestone. Others, you may have the sensation that you are taking one step forward and three steps back or zigzagging all over the map.

Life is not linear. There is no formula to follow or one right way to go about it. This is what makes life beautiful – but also what makes it challenging.

Throughout your life, you will go through many difficult transitions: big, earth-shaking, inevitable periods of change. Beginning and ending relationships. Moving to a new city. Becoming a parent. Making a career change. Coping with illness or death. Embarking on a new path.

Each transition is unique, with its own set of ups and downs, and your personal experience will be different than anyone else's. Some life changes are exciting, some are devastating and some are bittersweet.

## *Journaling for Life Transitions*

Journaling is a powerful tool that supports and empowers you as you deal with times of change. It allows you to understand and express all of the emotions you are experiencing. It equips you to face challenges, giving you the strength and hope you need to move beyond the past and into the future you want to build for yourself.

Here are a few situations in which journaling can help you through change:

- *I'm going through a break-up or divorce.*
- *I'm moving.*

## Life Transitions 22 Days Journaling Challenge

- *I'm switching careers.*
- *I'm joining or rejoining the workforce.*
- *I'm retiring.*
- *I'm getting married or starting a serious relationship.*
- *I'm becoming a parent.*
- *I'm grieving the loss of a loved one.*
- *I'm a recent "empty nester."*

### ***How to Use This Book***

You will need 22 consecutive days to complete this journaling challenge. Every day, read the chapters and complete the exercises in your journal.

Let's get started!

# DAY 7

## STRENGTH & WEAKNESS

We sometimes confuse vulnerability – which is a natural byproduct of change – with weakness. It is not weak to struggle with a life transition. On the contrary, change is hard, and it takes a great deal of strength to be honest about it and still persevere.

Work on letting go of your fear of being weak, and you will start to realize just how strong you are.

### *Journaling Exercise #7*



1. Write your personal definition of strength. What do strong people look like to you? What do they do that differentiates them from others? How do they react in times of change or stress?
2. Describe the strongest person you know. How does he or she approach life? What do you admire about this person? How does this strength make a positive impact in the world?
3. Reread your descriptions of strength. Which qualities do you see in yourself? What qualities do you wish you could develop more?

# DAY 8

## SELF-DOUBT

Your inner critic is especially vocal during times of transition. He questions or second-guesses every decision you make, leaving you plagued with self-doubt and regret. She insults your character and abilities and says you are destined for failure.

It's hard to tune out the negative, insistent voice of your inner critic when you are already feeling vulnerable. It takes practice, but with time, you can dismiss your critic's damaging words and replace them with encouragement.

### *Journaling Exercise #8*



1. Imagine that you are an objective court reporter, and your inner critic is testifying about her perspective on your current transition. Record everything she says in your journal.
2. Now imagine that your inner coach is taking the stand in your defense. She completely refutes everything your critic has said, supporting your decisions and capabilities and encouraging you in your next steps.
3. Reread your inner coach's statement, and make a conscious decision to embrace this point of view and ignore your inner critic's words. If you like, take a black marker and cross out your critic's testimony altogether. You might be surprised by how much better you feel afterward!