

TRANSITIONAL MOVES

Transitional moves help you to smoothly go from one move to the other, in other words, to smoothly transition between changes. In life, we all experience change. Some changes are expected and welcome. Other changes are unwelcome, unexpected, and we have a harder time adjusting to. Change will always be part of life. The successful individuals have learned ways to flow with the change instead of resisting it.

List the unwanted changes you have experienced in your life that you have had trouble adjusting to. Then list the ways you can learn to accept and adjust to the change.



"To change with change is the changeless state."—Bruce Lee