UNSTUCK

Life Transition Planner

For moves, new jobs, breakups, graduations, new babies, and every other before-and-after moment. Name what ends, what stays, and the first small steps.

How to use this sheet

1. Fill in pages 2 and 3 over a few sittings. Transitions do not have to be processed in one evening.
2. Be specific in 'What stays constant'. Anchors are easy to forget when everything feels in motion.
3. Keep the 30-day steps small enough to survive a bad week.
4. Revisit the planner at the end of the month. Adjust, do not grade.

The shape of a transition

Big changes are rarely one event. They are an ending, a messy middle, and a new normal, in that order. The messy middle is supposed to feel unstructured. Planning does not remove that feeling. It gives you somewhere to stand while you are in it.

The transition, in one sentence

Example: We are moving across the country in August.

Chosen or not chosen?

Both are real transitions. Unchosen ones deserve extra gentleness.

PLEASE READ: EDUCATIONAL USE ONLY

For educational and personal reflection use only. This worksheet is not therapy, counseling, medical advice, legal advice, diagnosis, or treatment, and using it does not create a clinician-patient relationship. It is a general template that may not fit your situation or your jurisdiction. You are responsible for checking the laws and requirements that apply where you live and for creating your own documents where needed. If you are struggling, please talk with a licensed clinician. In the United States, call or text 988 in a crisis, or call 911 in an emergency.

What is ending

Roles, routines, places, versions of yourself. Endings deserve naming.

What stays constant

People, values, habits, small rituals that come with you.

What I can control

Usually less than you want and more than it feels like.

What I cannot control

Write it down so you can stop re-litigating it at 3 a.m.

What I am quietly looking forward to

Even unwanted transitions usually hide one of these.

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Unstuck. Moments. Understood.

The first 30 days

Three small steps for the next month. Small means doable on a mediocre day, not just a good one.

Step 1

What, when, and the smallest version that still counts.

Step 2

What, when, and the smallest version that still counts.

Step 3

What, when, and the smallest version that still counts.

Who I will keep in the loop

One or two people who will hear how it is actually going.

One month later

Reread this planner in 30 days. What turned out easier than expected? What needs a new plan? If the transition still feels like more than you can carry, that is a fair thing to bring to a licensed clinician.

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