



THE TRANSITION JOURNEY EXERCISE

The purpose of this exercise is to develop a visual timeline as it relates to your life's work, your work life, and significant events in life. Please complete the following steps to begin the journey.

1. Establish the age boundaries to look at the Legacy Gap
 - a. Draw a vertical line for your current age
 - b. Draw a vertical line at where you forecast your life's journey will conclude
 - c. Draw a horizontal line to indicate the amount of time to think about for developing your goals and objectives
 - d. Write a statement in the purple legacy space as to how your life will be remembered by others
2. Work Gap
 - a. Draw a vertical line at the age when you started your professional work life
 - b. Draw another line when you plan to no longer work
 - c. Draw a horizontal line to think about your view of work from current age to ending work life
3. List between 1 and 10 major goals that you want to achieve as you contemplate what your life's work will be; Think about the following categories
 - a. Service to humankind
 - b. Passions and hobby
 - c. Personal commitments to engage in the world
 - d. Organizations where you spend time, energy and resources
 - e. A political, spiritual or social challenge that you want to achieve
4. List your work life goals; Think about the following categories
 - a. Consider movement within your current job and/or career
 - b. Entrepreneurial interests
 - c. Shift in industry, geography, functional area
 - d. Execute a professional development plan and obtain new skills
5. Document from 1-10 significant events that will occur in your life
 - a. Relationships and Family
 - b. Community, Organizations
 - c. Personal Goal (Weight, Exercise, Health, etc.)
6. Seriously reflect on the picture and develop your story
 - a. Establish priorities
 - b. Revisit the chart on a regular basis by placing it in your control book

THE JOURNEY CONTINUES!

TRANSITION JOURNEY

NAME _____

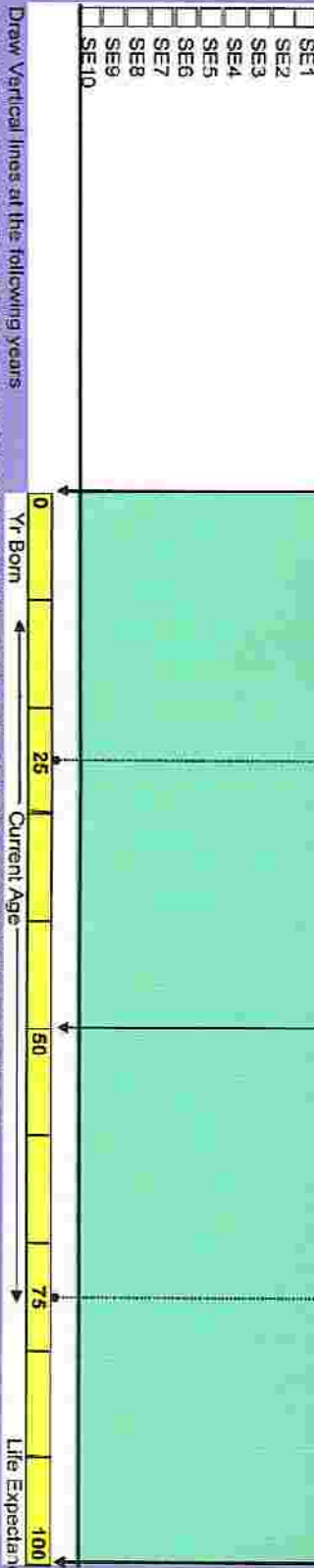
DATE _____

LEGACY:

LIFE WORK LW1 LW2 LW3 LW4 LW5 LW6 LW7 LW8 LW9 LW10

WORK LIFE WL1 WL2 WL3 WL4 WL5 WL6 WL7 WL8 WL9 WL10

SIGNIFICANT EVENTS SE1 SE2 SE3 SE4 SE5 SE6 SE7 SE8 SE9 SE10



Draw Vertical lines at the following years
 Legacy Gap: Draw Horizontal Line between Current Age and Life Expectancy; Reveals time available to leave a legacy
 Work Gap: Draw Horizontal Line between Start Date and End Date; Shows work life progression

For more information on this document or to schedule a coaching session to gain greater insight into your transition journey and to execute a plan with accountability to guide success, contact Jylla@Crystal-Stairs.com. ENJOY YOUR JOURNEY!