

# Transitions

Transitions are the events in life that move us from one environment to another. Transitions offer us a time to reflect upon a period of our lives that is closing, and a time to imagine the future in a new and different way.

We all experience many transitions over the course of our lives. We transition each time we change schools, graduate, change jobs, move the place we call home from one location to another, and in general make any major change in our lives.

Transitions can be bittersweet. Transitions can give us sadness for an ending and can make us apprehensive of the unknown. Transitions can also give us the excitement of a new beginning. Most important, transitions can offer the opportunity to steer our lives in significant ways.

It is at the time of each transition that we have the most control over the course of our lives. In everyday life we usually can only make minor adjustments to small elements of our lives. At times of transition we have the opportunity to completely re-create ourselves. Transitions are a time when we can shed the things we like the least in ourselves. Transitions are also a time we can adopt changes that will steer us to a better future. To a very large extent, the choices we make at transitions will shape the person we become.

Use each transition in your life wisely. At each transition, re-dedicate yourself to your principles and goals. And at each transition, make sure that you understand the many alternatives put before you. The impact of some alternatives will be more obvious than others. Obvious alternatives might include what classes you take in school and the amount of effort and dedication you give to each class. But in addition to the obvious alternatives, each transition offers many subtle alternatives that will have a significant influence on your future. These include alternatives for making new friends, joining groups, relating to others, spending leisure time, and altering many other aspects of your life.

At each transition, think through the implications of each alternative put before you. Consider each alternative carefully. Think about the impact each alternative might have on your future. Use your wisdom to make the choices. Then commit yourself to the course you select. Only you can steer your life to your future. Steer wisely!