

A GUIDE TO YOUR SUCCESS!

5 Secrets to Midlife Transitions

UNLOCK YOUR UNTAPPED POTENTIAL



Congratulations! You are beginning an empowering and enlivening journey of transition. I've spent the last decade researching what makes a transition successful. Along the way I've worked with thousands of individuals who are progressing through a wide variety of changes in their lives. I am honored to bring you this work and to welcome you to a community of those who are living their fullest lives!



1 - Set An Intention

What is your journey all about? Is it about a job loss or career re-entry or divorce or a geographic move? Maybe yours involves something more, like shame or self-doubt or hopelessness? The best transitions start with getting very clear on what is at stake for you. Write an intention that summarizes what your transition journey is all about.



2 - Welcome Emotions

We are taught to tamp down, run the other way, or overlook a variety of emotions that are common in transition. These are feelings like self-doubt, anxiety, fear and isolation. My research confirmed that emotions, both positive and negative, show up for a reason. Take a moment to recognize what emotions are present for you and consider what each might mean.



Learn more about how you can succeed at transitioning at midlife at LindaRossetti.com

Contact Linda at linda@lindarossetti.com
(It's tough to spell my last name: 2 s's and 2 t's!)

More at lindarossetti.com



3 - Retell Your Own Story

The stories we tell about ourselves are important avenues of discovery during transition. These stories are often the first place we try on something 'new' in place of something familiar that we are moving away from. Imagine that you navigated this transition beautifully. What might your updated story be about? Take a moment to reflect on how you filled in the blanks.

4 - Suspend Judgment

Successful transitioning requires that we welcome unfamiliar patterns and new ideas. Our inner critic can switch into over-drive at these moments. Try a two-step technique to neutralize this inner critic. Start by recognizing when the critic is present and then set boundaries for your relationship with it. For example, "Hi negativity. I see you. You are not welcome today. Let's touch base later."

5 - Commit to the Journey!

Many who start a transition feel as if they need to define a destination right up front. For example, 'I need a new job,' or 'I need to downsize.' Those who transition successfully commit to a process instead of a destination. The process focuses on discovery and getting very clear on what holds value and meaning to you. It is an incredible opportunity to realize the fullness of your potential! Find out more about the process for transitioning at lindarossetti.com.

Want to learn more about how you can succeed at transition?

- Join me every Thursday evening for ***Dishing on Disruption***, a free online interactive event designed to increase your success with midlife transitions. We meet weekly from 7:00 - 7:45 pm eastern. Details [here](#).
- Listen to my ***podcast, Destination Unknown***! I interview guests from around the globe who have successfully navigated a wide variety of transitions. Listen and subscribe [here](#).
- Read ***my book, Women & Transition***, a 5-star rated Amazon top seller. A reader shared: "I wish I could give this book to every woman I know. It is a must-read for anyone who is looking for "something more" or who wonders, "what is next" in his/her own life."

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