

Life Transition Clarity Map

A guided worksheet for change, uncertainty, and starting over.

Transitions can create grief, freedom, fear, and possibility at the same time. This map helps you name what is ending, what is emerging, and what support you need for the next season.

What is changing

What season of life am I leaving?

What part of this change feels clear?

What part of this change still feels uncertain?

What am I grieving, even if the change is good?

What am I ready to stop carrying?

What is becoming possible

What part of me is trying to grow in this season?

What do I want more room for?

What values do I want to guide this next chapter?

What support would make this transition feel less lonely?

What is one decision I can make from courage instead of fear?

Your 30-day clarity plan

One thing I will release:

One thing I will practice:

One person or resource I will reach for:

One brave action I will take this month:

This resource is for education and reflection. It is not psychotherapy, diagnosis, crisis care, or a substitute for working with a licensed professional. If you are in immediate danger, call 911. For crisis support in the United States, call or text 988.