

M2 Reflection on Navigating Change and Transition

Our lives are comprised of change and transitions. We can use mindfulness to notice how we relate to change and identify opportunities to navigate it (even) more skillfully, with curiosity and cognitive flexibility. Here's a reflection activity that may help you gain some insight.

What's good about this?

1. Bring to mind a change or transition in your life. It can be from the past or one you're anticipating in the future. Note it.

2. When you bring this change or transition to mind, how does it feel? What is or was your initial reaction? Describe your emotions and how it felt in your body.

3. Now, ask yourself, "What is good about this change?" Journal some ideas, and then notice how you feel.

"I would love to live like a river flows, carried by the surprise of its own unfolding."

— John O'Donohue