

NAME YOUR CHANGES

Significant life changes can be opportunities or challenges, gains or losses, stressors or things you take in stride. They can be positive or negative. Or they can be developmental, transitional, or transformational. Either you choose them or they choose you.

How many have you had this year? Circle all the #siglifechanges you have EVER experienced in blue ink. Then use a bright highlighter or marker to identify all the life changes you are going through right now. What a year!

love

Fell in love
Moved in together
Engagement
Marriage
Infidelity
Separation
Reconciliation
End of relationship
Divorce
Death of spouse

personal

New friend
Lost friend
Milestone birthday
Major vacation
Midlife crisis
Gender challenges
Loss of identity
Change in religion
Crime
Natural disaster
Social isolation
War

career

Start college
Graduate
New boss
New job
Job loss
Change in type of work
Work from home
Major achievement
Separate from military
Lose the spotlight
Become an entrepreneur
Become an employer
Retire

family

Moved household
Conflict with parents or siblings
Pregnancy
Miscarriage
Birth of first child
Infertility
Custody
Child leaves home
Death of someone close
Adult child returns
Care of elderly parents

physical

Addiction
Chronic pain
Depression
Illness
Injury
Dietary changes
Weight loss
Menopause
Sleep changes
Major health change for someone close

financial

Major change in income
Major windfall
Sudden debt
Inheritance
Bankruptcy
Mortgage
Foreclosure

