



Colorado
Charter Chapter

**Life Transitions and Our "Right Stuff"
By Charlie L. Barrett C.P.C.**

To paraphrase a bumper sticker I see often, "STUFF HAPPENS." Some "STUFF" happens to us, and some "STUFF" happens that is inspired by us. To insure the "Right Stuff" happens in our lives takes a little fore thought and planning.

Going through the "Transitions" of life, leaving home, graduating from college, marriage, a new job, entering retirement, etc. can be difficult and sometimes the anxiety is overwhelming. Much of that is caused by the fact "we don't know what 'stuff' is going to happen next." However, if we look at the opportunity we have at those times, to CREATE our next phase of life, and the fact that we are in charge of actually "crafting" what happens next, it gets exciting.

We have a terrific database of things, events and activities we know we enjoy ... It's called our past. By investigating and recalling those terrific times and analyzing the different parts, such as the who, what where when and why's, we can then begin to create a list of activities we find rewarding. The key then is to schedule some of those parts or the same activities and similar events, in our future plans. Transitioning is also a great time to take on a new passion we have been thinking about or even more audacious, that particular "something we have always dreamed of." Why not?

I have witnessed people's excitement when they purchase a new car, move to a new neighborhood, or even just acquire a new smart phone and learn the new gadgetry. It can be so much fun if we keep in mind it's all about our perception of new "STUFF." As children we enjoyed receiving a new toy, learning how it operates and playing with it. We knew we wanted it, we certainly did not know what was going to happen with it, but we embraced it with such enthusiasm, it was FUN.

There will always be things that happen in our lives we cannot control, but we can surly balance them or even exceed them with those things we can control. With each life "Transition" our plan needs to include having some fun, embracing the new challenge, and playing with our new life. By including the things we know we enjoy, and adding those activities we thought and dreamed about, we have the ability to "Craft" our perfect future with all the "Right Stuff."

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