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CHANGE IS  
COMING...  
READY  
OR NOT

4 TIPS TO HELP  
YOU ROCK YOUR  
TRANSITION

# TIP #1 BE OK WITH WHERE YOU ARE

LIST 3 THINGS THAT ARE GOING REALLY WELL IN THE CURRENT MOMENT OF YOUR LIFE. FOR EACH ONE, EXPLAIN ONE QUALITY ABOUT IT THAT MAKES IT SO POSITIVE.

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## Pining & fantasizing about the future

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List the things you find yourself fantasizing about

What are you 'escaping' from with this thoughts?

What are 3 things you can focus on IN THE PRESENT MOMENT to keep you from pining toward the future?

## Reclining & clinging to the past

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List the things you find yourself digging up & holding on to

What purpose does holding on to the past serve you?

What are 3 things you can focus on IN THE PRESENT MOMENT that can keep you from hanging on to the past?

## BREAKTHROUGHS & INSIGHTS

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## TIP #2 ASK THE HARD QUESTIONS

WRITE ABOUT 2 THINGS YOU LEARNED FROM TIP# 1 BE OK WITH WHERE YOU ARE

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### THE QUESTIONS

What are 3 questions you NEED to know the answer to when going through this transition?

### THE HARD QUESTIONS

What are 3 questions that are hard or that you are afraid to know the answer to? For each question, explain WHY it is hard or why you are afraid to know the answer.

### BREAKTHROUGHS & INSIGHTS

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### TIP #3 ANSWER THE QUESTIONS

WRITE ABOUT 2 THINGS YOU LEARNED FROM TIP #2 ASK THE HARD QUESTIONS.

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#### THE ANSWERS TO THE QUESTIONS

Answer the questions from Tip #2. If you do not know the answers, where can you start looking for them?

#### THE ANSWERS TO THE HARD QUESTIONS

Answer the HARD questions from Tip #2 .  
If you do not know the answers, where can you begin to look for them? If you know the answers, explain one way you can GET OK with the answers right now (Tip #1)

#### BREAKTHROUGHS & INSIGHTS

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## TIP #4 CREATE A PLAN

REFLECT ON TIPS # 1-3 , HOW CONFIDENT DO YOU FEEL ABOUT ASKING & ANSWERING HARD QUESTIONS? HOW READY ARE YOU TO CREATE AN ACTION PLAN? JOURNAL HERE:

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If you could create your DREAM outcome, what are 4 things you would love to have happen?

For each of the 4 outcome items, explain one thing you think you would have to do to make that possible.

BREAKTHROUGHS & INSIGHTS

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## TIP #5 WORK WITH A COACH!!

### The BENEFITS of working with ME (Melanie Fleischer) as your coach

Over 20 years as a Health educator &  
nearly a decade of life, career & health coaching.  
I have navigated through some of life's biggest transitions, too.  
I know how tough it can be... and how tough YOU can be :)

I can help you get CLEAR about what you want,  
why you want it and how you can get it.

One of my gifts is being able to see the 'whole picture' and to  
break it down into manageable action steps.

Personal coaching sessions provide dedicated time, support,  
encouragement and motivation.

I have strategies & techniques to focus on your health through the  
process, help you deal with set-backs & help reach your goals.  
We will explore & evaluate all of the possible options available.

I am a firm, fair, intuitive, open-minded & compassionate partner  
to help you to get through life's toughest transitions

Together we can bridge the gap between where you are now  
& where you want to be. .

### How to get your FREE coaching session W/ ME

GO TO:

[WWW.MELANIEFLEISCHER.COM](http://WWW.MELANIEFLEISCHER.COM)

CHOOSE:

"BOOK FREE SESSION" BUTTON

BOOK YOUR FREE APPOINTMENT :)

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THANK YOU  
for downloading the  
FREE mini-coaching  
program:

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READY OR NOT

4 tips to help you  
ROCK your transition

I have no doubt that  
you will find success!

If you know someone who could benefit from this free  
program, please send them to my website. xoxo

[www.melaniefleischer.com](http://www.melaniefleischer.com)