

Staying energized and grounded in the *Void of Transition* isn't easy. No matter how naturally optimistic or bubbly you normally are, you will be tested; you'll hit bumps in the road and lose traction. The following practices are designed to help you stay focused and moving toward a brighter future.

[Find Your Fan Club](#)

Make a list of 'go-to' people.

- People who you love and who accept you no matter what.
- People who see your Genius – and have the ability to help you see it.
- People who you can brainstorm/bounce things around with *safely*.

*Commit to having one conversation/week with one person from your list.
Schedule it. Do it.*

[Create Rituals – The Power of One](#)

1. Choose **ONE** thing you would like to get better at doing.
2. Make a list of all the possible actions you *could* take to increase your capacity in that area.
3. Choose **ONE** action.
4. Commit to doing it every day – starting today.
5. Put it on your schedule for the next 21 days.
6. Do it today.
7. Log it as complete.
8. Repeat for the next 20 days.

[Create a Marketing Team](#)

Expand your reach – and connection – by joining forces with others in the Void to create a collaborative marketing and support team.

You don't need a big team or accountability group. I recommend a *triad* – a group of three. By creating a triad, you exponentially expand your reach and fill your tank with support on multiple levels. In addition to looking for leads and opportunities to promote each other, you will expand your individual networks and connections much more rapidly. Put structure around it: schedule weekly meetings, make clear,

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specific requests for support, make offers – and accept them as well. Support and encourage each other. Help your partners see their gifts and talents – and allow them to see yours. Learn from each other.

Your commitment to each other will bring more focus, clarity and confidence to each of you – and shift your search into high gear.

[Get a Coach](#)

Self-discovery work is not for the faint of heart. It's an interesting twist of fate that we have eyes that see the outer world but not our inner world – and that others can see things about us that we could never see ourselves. Working with a coach is a way to enhance your ability to see new perspectives with someone whose only goal is your success and well-being. A coach supports you in developing awareness and in building skills that will serve you in traversing the Void of Transition – and on your ongoing journey of a fulfilling life of meaning and contribution and thriving personally and professionally.

There are many different kinds of coaches, with different specialties, styles and personalities. Coaching methods, tools and philosophies vary. A competent coach has high ethical standards and holds your agenda, well-being and learning as tantamount. Find a coach who fits with you. It is a small investment to make in yourself and in your future, and the journey through the Void will be less lonely, less daunting and more direct.

[Take Care of Yourself](#)

Self-care is THE most important thing you can do in job search. It isn't a luxury – it is a necessity. *You* are your product, and *you* are the sole provider of your services. Safe-guarding your ability to provide those services in the future requires that you take care of the vehicle – your body – and especially the engine: your brain.

Managing your stress is one of the most important challenges you will face – during the Void of Transition and once you are back on the treadmill of work in a *more-better-faster* world. Take the time to learn new habits. Practice self-compassion and gratitude. Take walks. Schedule time for daily reflection and

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centering. Breathe. Enjoy things that you may not have had a chance to do in a long time, like spending time with family, friends, pets or in nature. Volunteer for causes you care about. Nurture yourself so that you can continue to take care of who and what you care about.

Physical exercise, eating right and getting sleep are critical to your ability to keep your chin up and maintain your stamina. Transitions are challenging – and not taking care of yourself puts you on the fast-track to only one destination: burnout, overwhelm and stuck. Those aren't pleasant for you, and you aren't pleasant to be around when you are on that track. It's not exactly a winning combination when you want to Show Up, Be Yourself and Connect with others so that they experience you as clear, confident, compelling and competent.

Remember

It's easy to lose perspective and get tunnel vision in the Void of Transition. Remember these four things:

1. The future doesn't come with instructions. There is no 'secret' path to success, no 'perfect' solution and no 'right' answers.
2. Nobody can provide you with turn-by-turn directions or the map to your future success and happiness. It's something you create and discover along the way. You can't do it by ignoring your own heart and mind. You have an internal guidance system. Learn to use it.
3. Success is never a solo act. Reach out to others. They will be honored to help – and you will inspire them to do the same.
4. This is one stretch of a journey – and the journey is all there is. You choose how you travel and what you learn – and joy is always a choice.

If you would like to learn more about how to thrive in the Void of Transition, go to www.thrivagility.com and click on the *Resources* or *Contact Me* page.