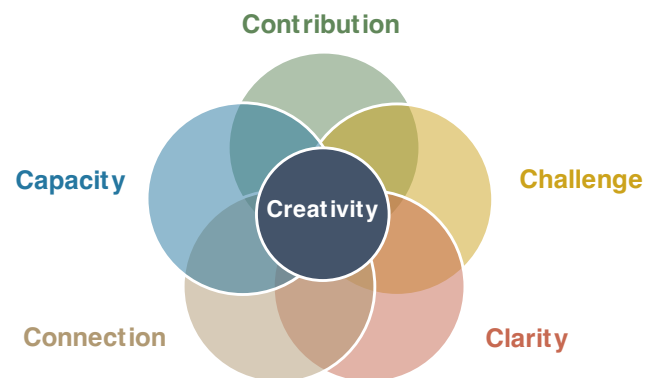


Satisfying our Core Cravings during Times of Transition

The “in-betweenness” of navigating a transition can leave us feeling aimless. Untethered. It can help to put a name to what we’re hankering for. In my coaching practice and my own life, I’ve noticed that people tend to need the inspiration that comes from a deep sense of creativity, which flourishes during these times. It can show up in a mix of five cravings:



Contribution

We all want to make a difference, to know that better days are coming, and to remember our position as part of a greater whole. That’s why impact, hope and awe are key components of this craving for contribution. If meaning is what you most need right now, I’d suggest:

- Being of service to a cause, organization or person that’s important to you
- Listening to stories of resilience
- Getting out in nature

Challenge

It’s called the IKEA effect—when we value something highly because we’ve worked for it. When we are feeling a bit stuck, we might be tempted to do less when in fact what we most need is to do more. We all need to be stretched—but not too much. We’re craving adventure, learning and nourishment. If that’s you, maybe you could try:

- Doing something that requires you to act bravely, whether you feel it or not
- Enrolling in a short course to learn a new skill
- Picking up something you loved doing for hours as a kid—or lean into your childlike curiosity



Clarity

It's common during in-between times to feel fuzzy and indecisive. We want the fog to clear, so we know what to do or at least what we're dealing with. We need insight, but we also crave a broader perspective and alignment with our deep knowing, where our values line up with the decisions we are about to make. To get there, try:

- Considering which parts of your current situation will seem excellent or irrelevant five years from now
- Writing down (old school, with a pen...) the five (only five) things that you value most highly and checking in with how your pending decisions could align with those in an extreme way
- Calling a friend you haven't talked to in a while whose perspective you always find refreshing

Connection

Transitions can be lonely, and sometimes we don't realize that's what we're experiencing. We need some encouragement, some fun with other people, and to feel a strong sense of belonging—especially if old identities or contexts have been left behind. It's useful to remember we are part of a larger network of relationships, even if certain ones are no longer accessible to us. Here are a few ideas to strengthen your social health:

- Think of an activity you love (e.g. board games; hiking; softball; brunch) and host a gathering to do it with other people
- Make a list of friends you haven't talked to in ages, and reach out to one person on your list each week to say hello or to set up a call or a coffee date
- Sign up for a class in something you've always wanted to try

Capacity

Capacity is about building in some spaciousness. When we have no buffer, it's hard for us to pause for reflection. When we're overtired or overstretched, it's hard for us to be creative. This is important, especially if we're in a season of wanting to learn to take on new identities or roles, or to reimagine the emerging version of ourselves. Capacity ebbs and flows for everyone, but perhaps right now you could try:

- Consciously using micro-moments in between things to recharge. Deep breaths while waiting in line or making a mental list of specific things you're grateful for while driving.
- Scheduling your days off first, then fill your calendar around those—rather than the other way around.
- Getting away. Before you make up dozens of excuses while you can't...book something!

