

Robin Young



When your dreams get interrupted...

By Robin Young

Your life is moving along quietly, easily, and you know where you are going. Then one day, your life changes forever. A major life event takes place and it creates Sudden Money (a significant increase or decrease in your personal financial position). Some of the common Sudden Money events: Retirement, Business Sale, Career change, Death of a spouse, Divorce, Inheritance, Lottery winner.

Often these major life events trigger a transition. The long-term impact of a transition event, whether it is planned for or unexpected, celebrated or regretted, will ultimately be

formed by your willingness to pay attention to and then integrate, both your interior experience and the exterior responsibilities of the finances. Even the saddest events can lead to a stronger sense of purpose and meaning, while some of the biggest windfalls can lead to the breakdown of an otherwise happy life. The essential skill set is change management. We can't control all life events, yet we can control how we react to them.

A transition is a time of change. "What was" no longer exists and "what will be" has not yet taken shape. Transitions begin with an ending

and end with a new beginning. By definition, it is a temporary state, a time of passage. Transitions are usually unsettling and confusing, yet they offer us an opportunity to write the next chapter of our life. Managing your transitions for maximum potential is a skill and an art form. Begin by understanding what parts of your life are changing, get organized, set new priorities and eventually make decisions that will move you closer to the life you want to live. Ultimately the choice is yours.

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Are you struggling to make informed choices?

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