



Beginning to Identify your New Reality

Examples of how to complete the chart on next page

Category	Stays/Goes/Add/Hold	What/How to transition
Two example below		
Nutrition	Fish – ADD	Feeling like I am missing something, been craving salmon (omegas), so I will add fish back into my diet for 3 months and see how I feel. (mark in calendar)
Music	Certain artists – GOES Hard rock now makes me crazy!	Need to revisit my playlists. The hard stuff now gets me all jittery & stressed out!!
Hobbies	Gardening – HOLD	Hearts not back in it yet. Revisit next spring.

For tracking transition items - my suggestion would be to use a different color pen in your calendar or an alarm on your phone to note anything you want to monitor. I kept things “on watch” until I felt complete on each item, no matter what the outcome and will continue to revisit on occasion because we never stay the same.

Now, to complete the template below...



“The Voice of an Angel” by Marcy Stone
Observation List for your “New Reality”

Category	Stays/Goes/Add/Hold	What/How to transition