Life Events and Transitions Road Map

01. How do you feel about this situation right now?
   - Monitor your self-talk.
   - Sort out your thoughts.
   - Acknowledge your feelings.

02. What are you thinking about this situation?
   - Beware of thoughts disguised as feelings.

03. What are you observing about this situation?
   - What are you seeing?
   - What are you hearing?
   - What are you sensing?

04. Evaluate your circle of influence.

05. Inventory your resources.
   - Scan your past.
   - Use your networks.
   - Manage money in a crisis.

06. Consider alternative scenarios.
   - What would happen if you do nothing?
   - What is your best-case scenario?
   - What is your worst-case scenario?

07. Identify barriers.
   - What is in your control?
   - What is out of your control?

08. List your unanswered questions.

09. Make a plan.

10. Be accountable.

11. Acknowledge milestones.

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