Life Transition Support Map

Identify one practical concern, one available support, and a manageable next step.

Educational planning | Self-guided or with a counselor

Change can affect routines, relationships, and your sense of direction. You do not need to solve the entire transition today. Use brief labels rather than private details. Write by hand, or type and save a copy.

1. Name the change

The transition I am navigating:

One thing that has become harder:

One routine or relationship I would like to preserve:

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2. Sort what needs attention

Choose one concern you can take a useful step on. Put less urgent concerns aside for a planned review.

The concern I will focus on first:

What needs action now, and what can wait?

A date to revisit what can wait:

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3. Match support to the need

Support can mean listening, practical help, information, companionship, or professional care. You can choose how much to share.

The kind of support that would help:

A person, group, or service I could ask:

My specific request:

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4. Choose and review one step

Keep the step within your current capacity. Example: identify one local group, ask a friend for help with one task, or put one familiar routine on the calendar.

My next step and when I will try it:

If this is blocked, an alternative:

Afterward: What should I keep or change?

This page is for everyday planning, not a crisis or personal safety plan. If a transition includes threats, coercion, or unmet basic needs, seek appropriate professional or community support rather than relying on this worksheet alone.