



Cycle of Change

**A GUIDE TO
EFFECTVELY
NAVIGATING MIDLIFE
CHANGE**

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Navigating the Guide

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Welcome

Hey there! Welcome to the Cycle of Change Guide. I'm glad you're here, and I'm excited to share this with you.

This guide is all about helping you understand where you are in the change cycle and giving you the information you need to move forward.

Now, let's get you oriented. The Table of Contents on the previous page gives you a peek at what's inside. Each section includes a title page, an informational page, and a self-reflection page to help you personalize the experience.

And don't worry, we'll finish with a conclusion and a "What's Next" page so you can plan your next steps.



The Only Constant Is Change

NAVIGATING THE CYCLE: FROM RESISTANCE TO RESILIENCE

One of the biggest fears we face is the unknown. Because change almost always involves some degree of uncertainty, it's natural to resist it. After all, stepping into the unknown can be daunting.

But here's the key: change is not something to be feared, but rather a process to be understood and accepted as a natural and cyclical part of life.

It's fascinating how the word "change" can evoke such a wide range of reactions. Some people embrace it, thriving on the new opportunities it brings. Others focus on simply coping and surviving. And some will go to great lengths to avoid it altogether. We all intellectually understand that change is inevitable, yet our resistance to it is a common human experience.

This resistance isn't just psychological; it's also rooted in our biology. Our brains are wired to prioritize safety and predictability. Change can trigger the "fight-or-flight" response, activating our stress hormones and making us feel anxious or threatened. This instinctual reaction is what makes resistance to change such a common human experience. It's not a weakness or a failing – it's a natural part of being human.



However, much of this resistance stems from perspective. We might intellectually grasp that change is a normal part of life, but that understanding can quickly disappear when change directly impacts us.

Recognizing that change follows a predictable process can significantly shift our perspective. It gives us the tools to manage our energy and navigate transitions more effectively. The following section describes this cycle of change, which we experience in all aspects of our lives.

WHERE YOU ARE NOW: EXPLORING YOUR CURRENT TRANSITIONS

Where are you currently experiencing change in your life?
What thoughts are you having about this change or these changes?

How are you currently feeling about it?

What actions or behaviors are you noticing because of the change you're experiencing?



The Cycle

Change operates in a cycle, and the reality is, we're always somewhere within the four phases of that cycle, in different parts of our lives.

Think about it: you could be in one phase with your career, another with your family, and yet another with your personal development – all at once.

This guide is designed to empower you with the knowledge to understand what's normal at each phase, so you can take the appropriate steps for your specific needs.



*"Every new beginning
comes from another
beginning's end"
-Lucius Annaeus
Seneca*



Phase 1

PLANT THE SEEDS



01

Plant The Seeds

This phase is a period of detachment from what wasn't working in your life. It's a time out to emotionally heal, reflect, research, and explore new directions, ultimately leading to renewal and re-energizing. It's a time to detach from what has been completed, a "time-out" to heal, reflect, research, and search for new paths.

This phase begins with the experience of overcoming, or at least being able to deal with, the pain from the last life cycle that has ended – because endings and closures are essential for new beginnings.

It could also be called the phase of healing, or "licking your wounds." It begins with dealing with the loss from the previous cycle, as closure is always necessary for a fresh start.

People in this phase take stock of their lives, evaluate their core values and feelings, and review what's truly important, deciding which way to turn next. They often feel like they've lost control over much of their lives, but also recognize the opportunity for growth. It's in this phase that many begin to gain inner trust and develop spiritual insights for personal growth.



By the end of this phase, you'll have a plan for growth, new strength, renewed energy, and a new sense of purpose and hope.

Thoughts:

Turning inwards
Reevaluating values and beliefs
Open to new possibilities
Choosing a new “game” to play
“I am ready to start anew.”

Feelings:

Fear of the unknown

Actions:

Moderate level of taking action; focusing on

- Researching
- Networking
- Exploring

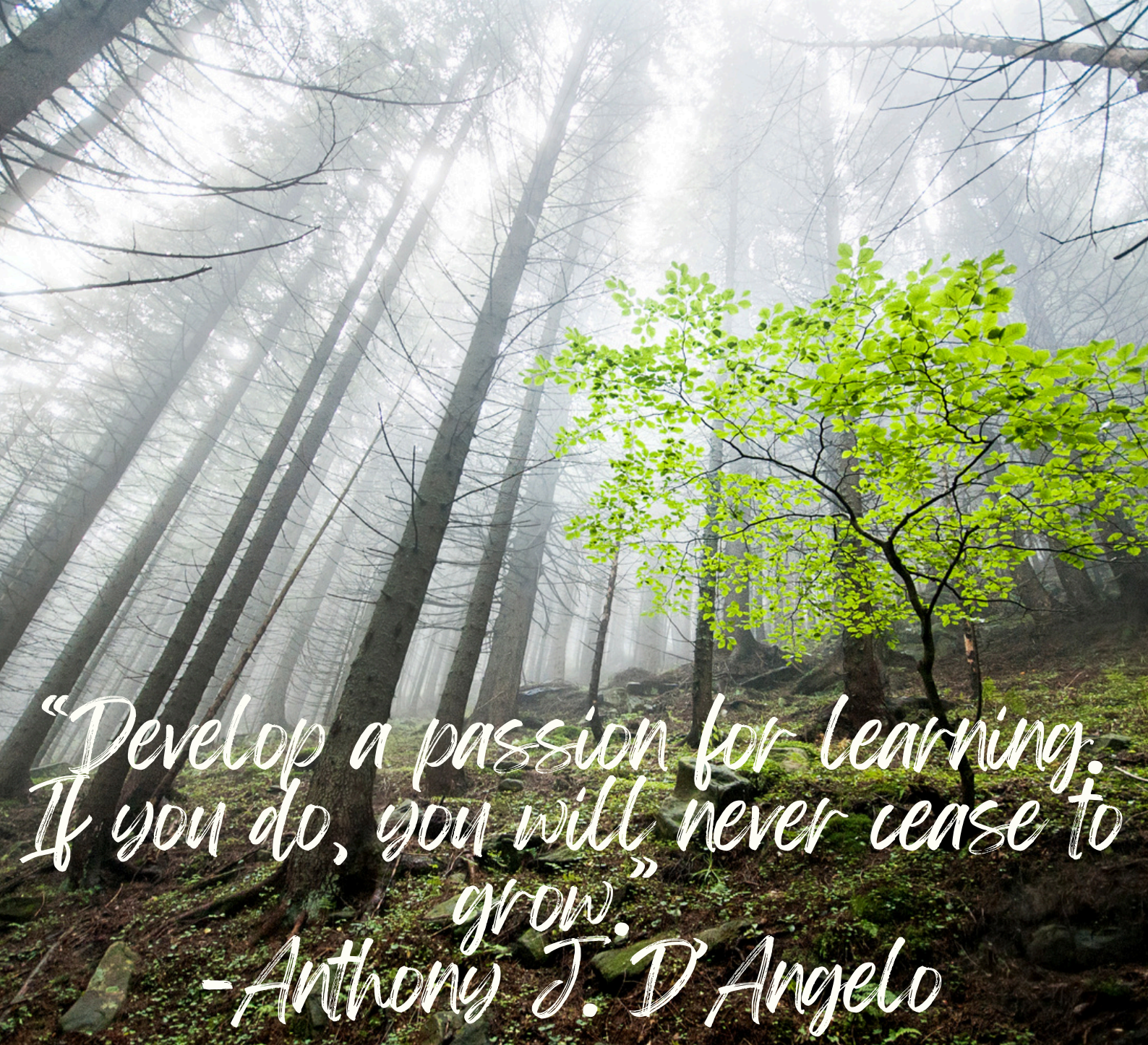
EXPLORING PHASE 1: PLANT THE SEEDS

In what ways or areas of your life are you currently in Phase 1?

What was it that identified this phase for you?

What resources (people, books, tools, support systems) could you draw upon to help you processes this phase of healing, reflection and exploration?





*"Develop a passion for learning.
If you do, you will" never cease to
grow."
-Anthony J. D'Angelo*

Phase 2

GROW, BECOME





Grow, Become

This phase is all about action.

It's a time for experimenting, training, and networking—putting into practice the plans you developed in the Planting the Seeds phase. You'll find yourself feeling optimistic, as a clear direction has emerged, and you're ready to take the next steps.

People in this phase are typically more confident than at any other stage. Life feels full of opportunity, and you're eager to explore, stretch yourself, and reach new heights.

Early on, you might be a little hesitant to make long-term commitments, preferring to take things one step at a time. But as you progress, you'll develop a firm commitment to yourself and the path you've chosen.

There will always be some reassessment and evaluation along the way, but this phase is mainly characterized by the ability to "put all your ducks in a row" and make things happen.



Thoughts:

Turning outwards to take action

Selecting the other “players” in their game and dealing cards to them

Establishing new expectations

Looking for clarity, process, and support

Feelings:

Excitement and anticipation

Energy is high and flowing

Fear of failure or success

Actions:

High level of action, including

- Extending one’s reach to others
- Planning and more planning
- Research
- Practice

EXPLORING PHASE 2: GROW, BECOME

In what ways or areas of your life are you currently in Phase 2?

What was it that identified this phase for you?

What strategies can you use to stay committed, maintain momentum, and ensure you continue to follow through?



*"The good life is a process, not
a state of being. It is a direction,
not a destination."
- Carl Rogers*

Phase 3

BASK IN LIFE





Bask In Life

This phase is often the most positive part of the change cycle—

a time for pursuing your dreams, achieving success, and experiencing well-being. You're present in the moment, feeling harmonious, optimistic, and determined.

It's a phase most people love and wish could last forever.

However, even successful phases have their challenges. Moments of stress or overwhelm are common. You might wonder, "What's next?" or struggle to balance everything.

Self-doubt can creep in, and if those "gremlins" take control, self-sabotage can become a real risk, even amidst external success. A mix of emotions—excitement alongside fear—is typical, and energy levels can fluctuate.

It's important to remember that no phase lasts forever. While savoring this time, it's also wise to prepare for future transitions. Managing stress, maintaining perspective, and accepting the constant nature of change are key to navigating this phase effectively and preparing for what comes next.



Thoughts:

“What do I do next?”

“How can I find the time to do all of this?”

Self-doubt, self-sabotage

Feelings:

Fear of failure and inadequacy

Level of excitement and energy vary
(dependent upon “outside” results)

Sense of fulfillment, peace, and purpose

Actions:

Level of action varies based on
level of energy, support, clarity of goal, and
feasibility of plan.

EXPLORING PHASE 3: BASK IN LIFE

In what ways or areas of your life are you currently in Phase 3?

What was it that identified this phase for you?

What personal strengths, skills, or talents did you draw upon to
reach this point of success and well-being?



*"Endings birth beginnings and
beginnings birth endings. And
in this elegantly
choreographed dance of life,
neither ever find an end in the
other."*

-Craig D. Lounsbrough

Phase 4

LET GO



04

Let Go

In life, all things come to an end.

Sometimes endings feel like "failures," and other times they follow "success." But regardless of the outcome, people are rarely ready for a cycle to end.

Whether it's the end of a job, a relationship, or any significant goal, this phase is often marked by feelings of unhappiness and uncertainty about the future.

It's common to feel like you cannot see how you will be able to go through it all again.

People in this phase tend to take little action and resist change due to fear and a sense of hopelessness.

It's common to feel victimized or immobilized, as if situations and forces beyond your control are dictating your experience.

You might find yourself complaining or dwelling on feelings of pain until you can release the negativity.

At the end of this cycle, a period of "hibernation" or "cocooning" may occur. This is a time for rest, reflection, and processing before the door opens to a new beginning.



Thoughts:

Turning inward

“Why me?”

“I just can’t deal with this.”

“Oh well, I guess I have to move on.”

Feelings:

Fear of the unknown

Dealing with loss,
abandonment

“I feel like I have no one in the world to turn to.”

Isolation

Desperation

Depression

Low level of energy

Actions:

Low level of action

EXPLORING PHASE 4: LET GO

In what ways or areas of your life are you currently in Phase 4?

What was it that identified this phase for you?

If you’ve just entered this phase, what support systems or resources can you draw upon to help you?

If you’ve been here for a bit, what are you ready to let go of in order to move forward? And what does that look like?



Another Ending, Another Beginning

Having explored the Cycle of Change, revisit "Exploring Where You Are Now."

How has this journey shaped your understanding?

What clarity have you found about your current position and your path forward?

The cycle continues, bringing new endings and beginnings. Embrace these transitions, and you'll navigate change with greater awareness, resilience, and grace.

You are equipped to chart your course, plant new seeds, grow, bask in life, and gracefully let go. The journey is yours.



*A lot of people resist
transition and therefore
never allow themselves to
enjoy who they are.*

*Embrace the change, no
matter what it is; once you
do, you can learn about
the new world you're in
and take advantage of it.*

-Nikki Giovanni

What's Next

01

ARE YOU STAYING CONNECTED?

- Blog
- Weekly Newsletter & Emails
- Social Channels

02

RESOURCES THAT MIGHT HELP

- Current Free Resource
- Resource Library (\$)
- Consult Call

03

ARE YOU UP TO THE CHALLENGE?

- 20-Day Private Email-Based Challenge
- Experience Transformation through Self-Reflection
- Gain Clarity, Direction, & Confidence

04

EXPERIENCE COACHING

- Membership (\$)
- DIY Courses (\$)
- Comprehensive Coaching Programs (\$)

