



# Making the Transition

---

# Contents

---

- **It Starts with Me**
- **Building Confidence**
- **I Can Do It**
- **Inner Strengths**
- **Goals Can be Achieved**



# Success is Mines

---



# It Starts with Me

---

- You are your best **Advocate!** Allow “do the right thing” to be your motto and embrace the belief that YOU are worthy.
- You have the power to achieve by being committed to *Positive Achievement*.
- You must remember to keep an **Open Mind**, balancing your steps along the way.
- Be able to positively address obstacles with “**Warm Persistence.**”
- Let go of a “my way is the only way” attitude...**Flexibility** can lead to success and fuel a steady path forward.
- Have **Faith** and never give up, a set back can set you up for a positive step forward. Remember, **Faith** the size of a mustard seed can move mountains.
- No matter what you receive (big or small) or go through, embrace a spirit of **Thankfulness and Gratitude**.
- Display positive **Passion**. It can provide opportunities for doors to open when windows seem to close. Let the world see your best “self.”

# Building Confidence

Confidence is a powerful tool as you transition home. It involves trusting yourself in the way that you want others to trust you and being able to let others see this confidence. Confidence starts with having confidence in yourself!

## Build your confidence by:

- Practice positive self-talk to motivate you
- Remove negative thoughts and replace with uplifting thoughts
- Remind yourself of your positive strengths, abilities, and what you are about to accomplish and have accomplished

## Confidence is conveyed in the way you speak, your body language and by your mannerisms. So be sure to:

- Make meaningful eye contact
- Maintain good posture
- Control your expressions
- Control your tone and emotions when talking

# I Can Do It

---

- **Change Your Mindset:** Adopt an “I can do it” mindset. Understand that tomorrow does not have to be defined by yesterday. Understand that you are your best “friend.”
- **Set a Goal or Two:** This means you need to define clearly what you want to achieve. Understand what you really want. This can be a job with benefits, a spouse and children, a chance to travel the world, a nice home and or car. You decide. Start with one or two goals at first. The list of goals can grow later. Once you list your goals. Think of the positive things you need to do to achieve your goals.
- **Ask for Help:** Find help and ask for help. Whether it is a trusted friend, loving family member, local church, or some other reliable source. Repeat: find help then ask for help. Find someone who you know has your best interests at the center.
- **Locate Your Resources:** There are many resources designed to help you to be successful. Locate those resources in your community. Ask family members, conduct google searches, and so forth to discover resources available to you. Make a list of things that you need: food, housing, jobs, transportation, a church, and so forth and then locate the services, programs, churches, and so forth that provide these items or that can help you gain these items.
- **Remain Focused:** Avoid distractions, especially those that are not positive. Surround yourself with good energy. Lean on family and other positive people in your life to help you remain **focused and pray**.

# Inner Strengths

Your inner strengths are golden. Discover what they are and reveal them to the world. **Do you know your inner strengths?** Here is a list of some. Review the list and write down your top five. Remember, you might have some inner strengths that are not listed and that's ok. The more inner strengths you identify the more likely you will have the confidence to show the world your best "self."

- **Wisdom**
- **Forgiving**
- **Honest**
- **Grateful**
- **Purpose Driven**
  - **Fair**
  - **Humble**
- **Active Listener**
- **Natural Leader**
- **Determined**
- **Hard Working**



# Goals Can Be Achieved

---

**The best way to achieve a goal is to set a goal.** Sounds simple right. Well, it's just that simple. There are several types of goals. Your goals could be family related, financial, housing, self-awareness, health, fitness, and so forth. Once a goal or goals are set the key is to remain focused. Here are some basic guidelines to use to help you achieve the goals:

- List the goal(s)
- Make sure the goals are realistic
- Set realistic target dates to complete. Remember to allow some flexibility. Do not be too hard on yourself if something beyond your control causes you to not meet the deadline or due date.
- Make sure your mindset is set to “ **I Can Do It**”
- Start working on your goals
- **Work on the goal until achieved. Pause if you must. Try not to stop.**
- Reward yourself when a milestone is accomplished.
- Remember, some goals do not have a stop or finish date. They might only have a start date. Examples include building stronger family relationships, fitness goals, building confidence, to name a few.





**Remember: It All  
Starts with YOU!**

---