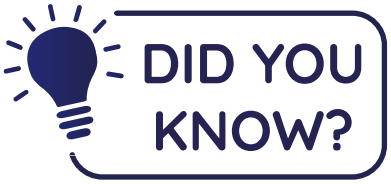
# NAVIGATING LIFE TRANSITIONS PROGRAM

## Week 5: Adjusting to New Roles and Routines

**Change brings new roles. Learn how to adapt to new responsibilities and create routines that support success.**




Establishing new routines can significantly reduce the stress of transitioning into a new role. Consistent routines help create structure and predictability in times of uncertainty.

### Reflective Exercise

Think about a recent change that required you to take on new roles or responsibilities.
How did your routine change? Identify three to five routines or habits you could create to make the transition smoother.

1.

2.

3.

4.

5.

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TODAY'S INSPIRATIONAL REFLECTION

***To improve is to change; to be perfect is to change often.***

— Winston Churchill