



THE SKILL OF
TRANSFORMATION™

Transformation Plan Template

TRANSFORMATION GOAL

In a few words, what is the desired result of my personal transformation?

TRANSFORMATION STATEMENT

In the present tense (as if it has already happened), describe who you have become and what your life looks like after reaching your goal.

IDENTIFY THE EXTERNAL STEPS

Use the "Big Five" categories that are relevant to your Transformation Goal.

Physical Body

Health, appearance, fitness, nutrition, sleep, hygiene, or personal care.

Mind

Mindset, emotional well-being, knowledge, skills, confidence, mindfulness, or personal development.

Family

Parenting, family relationships, communication, responsibilities, or home life.

Career / Money

Career, education, business, income, budgeting, savings, debt, or financial stability.

Relationships

Social, romantic, professional, community, or spiritual relationships.

Sample Transformation Plans

***How to Use These Sample Transformation Plans**

These sample Transformation Plans are provided for inspiration only. They are not intended to be copied word for word or treated as instructions for your personal transformation. Your Transformation Goal, Transformation Statement, and external steps must come from you alone and reflect your actual circumstances, priorities, abilities, values, and commitments.

Use these examples only to understand how a Transformation Plan can be structured. Then, read *Come to Your Own Rescue* and follow the complete process in *The Skill of Transformation™* to create a plan that is personal, grounded, realistic, and entirely your own.

****Important Disclaimer***

The information, examples, exercises, and sample plans provided here are for educational and personal-development purposes only. They are not medical, psychological, psychiatric, legal, financial, or other professional advice, and they are not intended to diagnose, treat, cure, or prevent any condition. They should never be used in lieu of medical advice, treatment, prescribed medication, therapy, or guidance from a qualified professional.

Before making significant changes involving your physical health, mental health, medication, substance use, personal safety, finances, or other serious life circumstances, consult an appropriately qualified professional. If you are experiencing an emergency or believe you may be in immediate danger, contact emergency services or an appropriate crisis resource immediately.

Sample 1

TRANSFORMATION GOAL

Rebuild My Life After Divorce, Improve My Health, and Become a More Present Father

TRANSFORMATION STATEMENT

"I rebuilt my life with strength, stability, and purpose. I take excellent care of my physical and emotional health. I am calm, confident, and comfortable on my own. I am a dependable and present father. I give my children my focus, attention, and love. I have created a peaceful home and a life that I am proud to live."

Physical Body

Join a gym
Schedule a physical with doctor
Improve sleep routine
Eat healthier meals
45 min exercise daily
Reduce alcohol use
Update personal appearance

Family

Schedule uninterrupted time with the kids
Plan weekend activities together
Pick a project to work on together with kids
Schedule homework help time
Make at least one commitment a week to the kids and keep it
Create a more peaceful home environment
Establish healthy coparenting boundaries

Relationships

Set boundaries with former partner
Join a post-divorce support group
Spending time alone at least once a week for one hour
Stay open to making at least one new and healthy friend
Connect with Higher Power at least once daily

Mind

Begin counseling
Journal daily
10 min daily meditation
Limit social media to 20 min a day
Create a morning routine
Practice the Transformation Mindfulness Method daily
Read a book about rebuilding after divorce
Get out of the house at least once per day

Career / Money

Create a post-divorce budget
Review financial obligations and trim unneeded expenses
Rebuild emergency savings by saving \$100 each paycheck
Get to work 10 min early
Explore advancement opportunities and ask for help to get there
Apply for new job opportunity
Make plan to pay outstanding debt and take the first step
Create a one-year financial plan

Sample 2

TRANSFORMATION GOAL

Overcome Social Isolation, Build Confidence, and Create a Strong Circle of Friends

TRANSFORMATION STATEMENT

“I am confident, friendly, socially capable, and comfortable being seen. I initiate conversations and form meaningful connections with others. I have a strong circle of healthy friends who respect and support me. I regularly participate in activities that make my life fun, interesting, and connected.”

Physical Body

Improve daily hygiene
Update hair and grooming
Build a confident wardrobe
Daily exercise
Improve posture
Make consistent eye contact
Practice relaxed body language

Family

Relationships

Initiate one conversation each day
Reconnect with a healthy former friend
Join an in-person group or club
Attend a community event
Invite someone to coffee or lunch
Follow up after meeting new people
End one-sided friendships
Create boundaries with negative people
Host a small social activity
Volunteer for a cause or event

Mind

Work on fears about social interactions
Use Transformation Mindfulness Method for limiting thoughts
Learn basic conversation skills – videos or book
Begin a hobby that includes interacting with others
Reduce screen time to one hour per day
Learn coping skills for social anxiety
Practice self-validation at least once a day

Career / Money

Sample 3

TRANSFORMATION GOAL

Leave a Dead-End Job, Build a New Career, and Become Financially Stable

TRANSFORMATION STATEMENT

"I work in a career that challenges me, values my abilities, and provides opportunities for growth. I am skilled, prepared, financially responsible, and confident in the value I bring. I earn enough to support myself, save consistently, and build a secure future."

Physical Body

Improve sleep schedule
Upgrade professional clothing
Improve grooming and presentation
Exercise
Create a professional workspace at home

Family

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Relationships

Connect with people in the desired field
Find a career mentor
Tell trusted people what opportunities I seek
Reduce time with people who discourage growth
Build relationships with ambitious professionals

Mind

Identify my strongest abilities
Complete a career-interest assessment
Research possible career paths
Learn a marketable new skill
Complete a professional certification
Practice interview responses
Create a weekly learning schedule
Read personal development book

Career / Money

Update résumé
Update professional profiles
Build a portfolio of my accomplishments
Research salary ranges
Create a list of target employers
Apply for positions weekly
Attend networking events
Get three professional references
Practice salary negotiation
Create a transition budget
Build emergency savings
Accept the right offer
Leave current job professionally

Sample 4

TRANSFORMATION GOAL

Take Back My Physical Health, Build Discipline, and Regain Confidence

TRANSFORMATION STATEMENT

"I am strong, healthy, disciplined, and physically capable. I train my body consistently and make choices that support my long-term health. I feel confident in my appearance and proud of the way I care for myself. Fitness, rest, and healthy nutrition are permanent parts of my life."

Physical Body

Schedule a medical checkup
Record starting health measurements
Choose a fitness program
Join a gym
Begin strength training
Daily cardio
Daily stretching
Prep meals for the week
Reduce fast food and sugary drinks
Drink 2.5 liters of water per day
Better sleep schedule
Set fitness goals
Complete a 3 mile run
New confident wardrobe and grooming

Family

—

Relationships

Find a workout partner
End toxic relationships

Mind

Learn basic fitness principles
Replace negative body talk using TMM
Create morning routine
Learn stress-management techniques
Celebrate measurable progress
Read a personal development book

Career / Money

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Sample 5

TRANSFORMATION GOAL

Get Control of My Finances, and Move Into My Own Home

TRANSFORMATION STATEMENT

"I am disciplined, financially responsible, and independent. I know where my money goes and make decisions that support my future. I pay my obligations on time, save consistently, and live within my means. I created a stable home that reflects the responsible person I have become."

Physical Body

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Mind

Identify impulsive spending triggers
Practice delayed gratification
Watch videos about basic personal finance
Review finances without avoidance
Develop weekly planning habits
Limit advertising and shopping-app exposure
Practice Honesty with Self before purchases

Family

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Career / Money

List all income and expenses
Create a monthly budget
Track every purchase
Prepare meals at home
Cancel unnecessary subscriptions
Create a debt-repayment plan
Build an emergency fund
Cut out unnecessary expenses
Monitor credit
Create a credit improvement strategy
Set a housing budget
Research rental or ownership costs
Find a side gig to increase income
Save for deposits and moving expenses
Gather required documents
Search for new home
Complete application
Complete the move

Relationships

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Sample 6

TRANSFORMATION GOAL

Recover From Burnout, Rebuild My Peace, and Create a Life Outside of Work

TRANSFORMATION STATEMENT

"I am calm, focused, rested, and in control of my time. My career supports my life instead of consuming it. I protect my physical and emotional energy, maintain healthy boundaries, and make time for relationships, creativity, rest, and experiences that matter to me."

Physical Body

Establish a consistent bedtime
Reduce caffeine late in the day
Take regular work breaks
Begin moderate exercise
Schedule overdue health appointments
Improve meal timing
Spend time outdoors
Create a calming space at home

Family

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Relationships

Reconnect with supportive friends
Schedule time with loved ones
Communicate boundaries clearly
Stop canceling personal plans for unnecessary work
Ask for help before reaching exhaustion
Participate in one enjoyable social activity weekly

Mind

Identify the causes of burnout
Track energy levels
Practice daily mindfulness
Create screen-free time
Reintroduce a creative hobby
Schedule recovery time
Learn to rest without guilt
Stop measuring worth only through productivity
Begin counseling if needed

Career / Money

Clarify work responsibilities
Set a firm end to the workday
Stop answering nonurgent messages after hours
Delegate appropriate tasks
Use available time off
Discuss workload with leadership
Research healthier career options
Create a financial cushion for possible transition
Define what a sustainable career looks like

Sample 7

TRANSFORMATION GOAL

Heal From a Painful Past, Build Self-Respect, and Attract Healthier Relationships

TRANSFORMATION STATEMENT

“I respect myself, speak to myself with compassion, and protect my peace. My past no longer controls my choices or determines what I believe I deserve. I set healthy boundaries, communicate directly, and form relationships with people who are honest, mature, loving, and emotionally safe.”

Physical Body

Improve personal care routines
Create a peaceful home environment
Remove physical reminders that keep me stuck
Exercise regularly
Improve sleep
Wear clothes that reflect confidence
Practice calming breathing when triggered

Family

Identify true family

Relationships

Learn about traits of a healthy relationship
Identify current unhealthy patterns
Establish non-negotiable boundaries
End relationships that are consistently harmful
Stop chasing unavailable people
Communicate needs directly
Learn to recognize manipulation
Build friendships with emotionally healthy people
Take new relationships slowly
Become comfortable saying no

Mind

Begin trauma-informed counseling if appropriate
Identify repeated relationship patterns
Journal about beliefs formed from the past
Practice the Transformation Mindfulness Method
Replace shame-based thoughts
Learn emotional-regulation skills
Define personal values
Build self-trust through kept commitments
Practice forgiveness without removing boundaries

Career / Money

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Sample 8

TRANSFORMATION GOAL

Become a Stronger Father, Build a Stable Home, and Create a Meaningful Family Legacy

TRANSFORMATION STATEMENT

"I am a present, patient, dependable, and emotionally grounded father. My children know they are loved, protected, heard, and supported. I lead through my daily example, create stability in our home, and teach the values, discipline, and resilience that will help my children build strong lives of their own."

Physical Body

- Improve my health/exercise
- Maintain a dependable daily routine
- Prepare healthier family meals
- Create a clean and safe home
- Participate in physical activities with my children
- Model healthy sleep and self-care habits

Family

- Create daily uninterrupted family time
- Schedule individual time with each child
- Establish clear and consistent household rules
- Attend school and extracurricular events
- Create family traditions
- Hold regular family check-ins
- Listen without immediately correcting
- Keep promises
- Support my children's interests
- Teach responsibility through age-appropriate tasks
- Create a written family mission
- Plan meaningful experiences together

Relationships

- Maintain healthy coparenting boundaries
- Resolve conflict away from children
- Build relationships with other responsible fathers
- Ask for parenting support when needed
- Strengthen connections with healthy extended family members

Mind

- Learn age-appropriate parenting skills
- Identify harmful patterns from my upbringing
- Practice patience before responding
- Manage anger and stress responsibly
- Read a parenting book
- Learn to apologize when I am wrong
- Define the values I want to model
- Stop using shame as motivation

Career / Money

- Build a family budget
- Create emergency savings
- Review insurance and important documents
- Plan for future educational expenses
- Pursue career growth

Sample 9

TRANSFORMATION GOAL

Stop Wasting My Time, Build Discipline, and Create a Daily Routine That Moves My Life Forward

TRANSFORMATION STATEMENT

"I am focused, disciplined, organized, and intentional with my time. I begin each day knowing what matters and complete the work that moves my life forward. I control my habits instead of allowing distractions to control me. My daily routine supports my health, career, relationships, and long-term goals."

Physical Body

Establish a consistent wake-up time
Create a simple morning routine
Exercise at a scheduled time
Prepare meals in advance
Establish a consistent bedtime
Keep my bedroom and workspace organized
Reduce late-night screen use
Take regular movement breaks

Mind

Identify my biggest distractions
Track how I currently use my time
Create daily priorities
Practice the Transformation Mindfulness Method
Use a timer for focused work
Complete difficult tasks before entertainment
Limit social media use
Stop multitasking
Practice finishing what I start
Review each day before bed

Family

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Career / Money

Create a weekly work schedule
Identify the highest-value career task
Complete one career-building action daily
Finish overdue projects
Learn a valuable professional skill
Find a side gig
Make a 3 year financial plan

Relationships

Create boundaries with people who repeatedly waste my time
Show up when I say I will

Sample 10

TRANSFORMATION GOAL

Rebuild My Confidence After Financial Failure and Successfully Start Over

TRANSFORMATION STATEMENT

"I am resilient, capable, and confident in my ability to begin again. My previous failure does not define me. I use what I learned to make stronger decisions, take smarter risks, and create a better outcome. I trust myself to move forward and build a life that reflects who I am now."

Physical Body

Improve daily grooming
Exercise consistently
Upgrade clothes that no longer reflect me
Improve posture
Establish healthy sleep habits
Create an organized living environment
Take care of neglected health needs

Family

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Relationships

Stop isolating myself out of embarrassment
Reconnect with supportive people
Distance myself from people who repeatedly shame me
Speak honestly about what I learned
Ask for guidance when appropriate
Build relationships with people who value growth
Stop seeking approval from people committed to my past

Mind

Journal about what the failure taught me
Identify strengths developed through adversity
Replace self-defeating thoughts using TMM
Practice Honesty with Self more often
Learn to stop replaying the failure unnecessarily
Develop a new definition of success
Set a small goal and complete it
Book counseling appointment
Learn from people who successfully started over

Career / Money

Assess my current financial situation
Create a recovery budget
Update my résumé or business plan
Identify transferable skills
Contact former professional connections
Apply for new opportunities
Develop a new income plan
Create savings plan
Start savings plan
Complete one meaningful career action daily

Sample 11

TRANSFORMATION GOAL

End My Nicotine Dependence, Improve My Breathing, and Become Physically Active

TRANSFORMATION STATEMENT

“I am nicotine-free, physically active, and in control of my health. I breathe freely, handle cravings with confidence, and choose habits that strengthen my body. Exercise and healthy living are natural parts of my daily routine. I no longer depend on nicotine to manage my emotions or my day.”

Physical Body

Consult an appropriate health professional
Record current nicotine use
Create a safe reduction or cessation plan
Set a nicotine-free date
Remove unused nicotine products
Increase water intake
Begin daily walks
Practice breathing exercises
Join a gym when ready
Improve nutrition
Establish a consistent sleep schedule
Track improvements in breathing and stamina
Complete a physical challenge

Family

—

Relationships

Tell a trusted person about the goal
Ask others not to offer nicotine
Avoid nicotine-centered environments temporarily
Find an accountability partner
Participate in more active social events
Encourage healthy household routines

Mind

Identify nicotine triggers
Track cravings
Learn how cravings rise and pass
Replace nicotine breaks with healthy breaks
Practice the Transformation Mindfulness Method
Prepare responses for stressful situations
Create a plan for setbacks
Use affirmations during cravings
Celebrate nicotine-free milestones

Career / Money

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Sample 12

TRANSFORMATION GOAL

Build Emotional Control, Communicate Better, and Stop Damaging My Relationships with Anger

TRANSFORMATION STATEMENT

"I am calm, emotionally grounded, and in control of how I respond. I communicate directly without yelling, threatening, insulting, or withdrawing. I recognize anger early, create space before acting, and address problems with strength and maturity. My relationships feel safer, more honest, and more respectful because of the choices I make."

Physical Body

Notice physical warning signs of anger
Practice controlled breathing
Exercise regularly
Improve sleep
Reduce substances that worsen irritability
Take a physical pause when overwhelmed
Create a calm space at home
Address untreated physical stress or pain

Family

Apologize without making excuses
Stop arguing in front of children
Establish respectful household communication
Listen before responding
Take breaks from conflict when necessary
Return to unresolved discussions calmly
Keep my voice at a controlled level
Model emotional responsibility

Relationships

Identify people I have hurt
Ask what respectful communication looks like to them
Stop name-calling and intimidation
Respect requests for space
Practice clear boundary-setting
Accept responsibility for my behavior
End conversations before they become destructive
Seek professional help if anyone feels unsafe
Show up for friends more consistently

Mind

Identify common anger triggers
Track angry reactions
Identify the emotions beneath anger
Practice the Transformation Mindfulness Method
Learn emotional-regulation skills
Challenge hostile assumptions
Stop rehearsing arguments
Practice responding instead of reacting
Begin counseling or anger-management support if needed
Create a personal de-escalation plan

Career / Money

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Sample 13

TRANSFORMATION GOAL

Finish My Education, Build a Better Career, and Prove to Myself That I Can Follow Through

TRANSFORMATION STATEMENT

"I am educated, skilled, disciplined, and committed to finishing what I begin. I complete my coursework consistently and ask for help when I need it. I have earned the education or certification required for a career that challenges me and improves my future. I proved to myself that I can stay focused and finish."

Physical Body

Establish a regular sleep routine
Prepare meals for school and workdays
Exercise to manage stress
Reduce distractions in my study environment
Schedule breaks during long study periods

Mind

Identify the program or certification I need
Research admission requirements
Create a study schedule
Learn effective note-taking methods
Break large assignments into smaller tasks
Ask questions when confused
Practice the Transformation Mindfulness Method
Replace beliefs that I am not intelligent enough
Track assignments and deadlines
Develop test-taking strategies
Celebrate completed courses

Family

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Career / Money

Research tuition and fees
Apply for financial aid or scholarships
Create an education budget
Reduce unnecessary expenses
Speak with an academic or career adviser
Select courses that support my career goal
Build relationships with instructors
Complete internships or practical training
Update my résumé as I gain skills
Apply for positions before graduation

Sample 14

TRANSFORMATION GOAL

Break My Dependence on Social Media, Reclaim My Attention, and Build a Real Life I Enjoy

TRANSFORMATION STATEMENT

"I am present, focused, and fully engaged in my real life. I use technology intentionally instead of compulsively. My confidence comes from how I live, not from attention, comparison, or online approval. I spend my time building my health, relationships, career, skills, and experiences."

Physical Body

Keep my phone out of the bedroom
Use a separate alarm clock
Take daily walks without my phone
Exercise during former scrolling time
Improve sleep by ending screen use earlier
Create phone-free meal times
Daily outdoor time

Mind

Track daily screen time
Remove unnecessary apps
Turn off nonessential notifications
Set scheduled social media windows
Daily meditation
Replace comparison-based thoughts
Practice the Transformation Mindfulness Method Daily
Read a book
Develop a creative hobby
Complete one offline goal each week

Family

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Career / Money

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Relationships

Put my phone away around others
Call people instead of only reacting to posts
Schedule in-person activities
Stop measuring relationships through online engagement
Join an offline group or club
Become comfortable attending events without documenting them
Give people my full attention

Sample 15

TRANSFORMATION GOAL

Become Comfortable Alone, Stop Chasing Validation, and Build a Strong Independent Identity

TRANSFORMATION STATEMENT

"I am secure, independent, and comfortable in my own company. I know my value without needing constant attention, reassurance, or approval. I make decisions based on my values and long-term well-being. I welcome healthy relationships, but I no longer abandon myself to keep them."

Physical Body

Create a home environment I enjoy
Improve personal care routines
Exercise independently
Take myself to new places
Learn to prepare meals I enjoy
Develop a relaxing evening routine
Improve my wardrobe for myself

Mind

Identify where I seek validation
Track approval-seeking choices
Define my personal values
Practice making decisions independently
Journal without censoring myself
Replace rejection-based thoughts
Practice the Transformation Mindfulness Method
Develop interests that belong only to me
Limit comparison with others
Create a list of qualities I respect in myself
Learn a skill that increases self-reliance

Family

—

Career / Money

Pursue career goals based on my own interests
Create a personal long-term plan

Relationships

Stop repeatedly contacting unresponsive people
Set boundaries without apologizing
Stop agreeing simply to avoid rejection
End one-sided relationships
Spend time alone without viewing it as failure
Build friendships based on mutual effort
Take new relationships slowly
Stop changing myself to earn acceptance
Ask directly for what I need
Accept when someone is not a healthy fit

Sample 16

TRANSFORMATION GOAL

Turn My Business Idea Into a Real Company and Become a Confident Entrepreneur

TRANSFORMATION STATEMENT

"I am a disciplined, prepared, and confident entrepreneur. I turned my idea into a real company that solves a meaningful problem and serves its customers well. I understand my numbers, communicate my value clearly, and make responsible business decisions. I consistently create, sell, learn, adjust, and move the company forward."

Physical Body

Establish a sustainable work routine
Exercise to manage pressure
Maintain reliable sleep
Prepare meals in advance
Dress professionally for important meetings
Schedule recovery time to prevent burnout

Mind

Clarify the problem the business solves
Define the ideal customer
Study the market
Learn basic business finance
Learn sales and marketing
Identify fears about entrepreneurship
Replace perfectionism with testing
Practice presenting the business idea
Create a weekly learning schedule
Find a business mentor
Accept feedback without abandoning the vision

Family

—

Career / Money

Create a dedicated workspace
Write a business plan
Choose a business name
Research legal requirements
Register the business
Create a business budget
Open a business bank account
Build a basic brand identity
Purchase an appropriate domain
Create a simple website
Develop the first offer or product
Test the offer with real customers
Set pricing
Build a sales process
Create social media pages
Earn the first customer
Improve the offer using feedback
Create a launch plan

Relationships

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Sample 17

TRANSFORMATION GOAL

Rebuild After Losing My Job, Regain Financial Control, and Find Work That Fits Me Better

TRANSFORMATION STATEMENT

"I am capable, resourceful, and financially responsible. Losing my job did not destroy my future; it redirected me toward a better one. I use my experience, skills, and discipline to create new opportunities. I have stable income, a clear career direction, and work that respects my value."

Physical Body

Maintain a consistent wake-up schedule
Exercise daily
Dress appropriately during the workweek
Create a professional work-search area
Maintain grooming and hygiene
Protect sleep from financial anxiety
Prepare affordable healthy meals

Family

—

Mind

Separate job loss from personal worth
Identify the lessons from the previous position
List my strongest skills
Create a daily job-search routine
Practice the Transformation Mindfulness Method
Limit catastrophic thinking
Learn how to explain the job loss professionally
Build confidence through daily accomplishments
Research growing career fields

Career / Money

Apply for eligible assistance
Create an emergency budget
Contact creditors early if needed
Update résumé
Update professional profiles
Gather references
Create a list of target positions
Apply for appropriate jobs daily
Practice interviews
Attend hiring events
Contact former colleagues
Consider temporary or contract work
Learn a marketable skill
Research salary expectations
Accept the right position
Create a plan to rebuild savings

Relationships

Tell trusted people I am seeking work
Ask professional contacts for leads
Resist isolating out of shame
Set boundaries with people who create panic
Stay connected to supportive friends
Avoid taking frustration out on family

Sample 18

TRANSFORMATION GOAL

Build Spiritual Discipline, Strengthen My Faith, and Live According to My Values

TRANSFORMATION STATEMENT

"I am spiritually grounded, disciplined, grateful, and guided by values that give my life meaning. I maintain a consistent relationship with my Higher Power through prayer, meditation, reflection, and action. My choices reflect integrity, compassion, courage, and responsibility. My spiritual beliefs support my transformation without separating me from reality or personal accountability."

Physical Body

Create a quiet space for spiritual practice
Begin each day without immediate phone use
Spend regular time in nature
Care for my body as part of spiritual discipline
Improve sleep to support clear thinking
Practice slow breathing during reflection
Participate in service activities

Family

—

Relationships

Find a healthy spiritual community
Connect with people who respect different beliefs
Avoid coercive or judgmental environments
Offer help without demanding recognition
Practice compassion without tolerating abuse
Repair relationships when appropriate
Become more dependable to others
Respect the dignity and beliefs of other people

Mind

Define what I genuinely believe
Separate personal belief from external pressure
Establish a prayer practice
Establish a meditation practice
Read meaningful spiritual material
Keep a gratitude journal
Reflect on my values before major choices
Practice forgiveness with appropriate boundaries
Use faith to strengthen action, not avoid it
Identify where my choices conflict with my values

Career / Money

Make ethical career decisions
Avoid work that requires violating core values
Practice financial integrity
Give time or resources responsibly
Use career abilities in service of meaningful goals
Maintain healthy boundaries between service and burnout

Sample 19

TRANSFORMATION GOAL

Become a Strong, Confident Leader and Earn a Management Position

TRANSFORMATION STATEMENT

"I am a confident, respected, and capable leader. I communicate clearly, make thoughtful decisions, accept responsibility, and help others perform at their best. I lead through preparation, integrity, consistency, and example. I earned a management position because I developed the skills and character to handle it well."

Physical Body

Improve professional presentation
Strengthen posture and eye contact
Maintain energy through sleep and exercise
Prepare appropriate work attire
Arrive early and ready
Control nervous physical habits
Practice speaking at a steady pace

Mind

Learn the responsibilities of the desired role
Study leadership principles
Identify current leadership strengths
Identify skill gaps
Improve emotional control
Practice decision-making
Learn conflict-resolution skills
Learn how to give useful feedback
Replace fear of authority with preparation
Ask for constructive criticism
Keep a leadership journal

Family

—

Career / Money

Tell leadership I am interested in advancement
Ask what qualifications are required
Take ownership of difficult assignments
Improve measurable job performance
Train or mentor a coworker
Volunteer to lead a project
Document accomplishments
Learn relevant systems
Improve public-speaking skills
Build relationships across departments
Update résumé
Apply for management opportunities
Prepare examples for leadership interviews
Negotiate compensation responsibly
Become known as someone who solves problems

Relationships

Listen more
Stop participating in workplace gossip
Become known as someone who solves problems
Give others appropriate credit
Address conflict directly and respectfully
Learn how different people communicate
Become known as someone who solves problems

Sample 20

TRANSFORMATION GOAL

Move to a New City, Build an Independent Life, and Create a Fresh Start

TRANSFORMATION STATEMENT

"I am independent, adaptable, and confident in a new environment. I created a safe and stable home, found meaningful work, and built a healthy social life. I carry forward the wisdom of my past without remaining trapped by it. My new city supports the person I am becoming and the life I want to create."

Physical Body

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Mind

Clarify why I want to relocate
Determine the new city I want to move to
Research the new city thoroughly
Create a first-90-days plan to relieve stress
Use TMM for fears about moving
Learn to tolerate temporary uncertainty
Learn the area and transportation routes
Research safe neighborhoods

Family

—

Career / Money

Research the cost of living
Create a relocation budget
Save the first \$1000 dollars for move
Save another \$2000 for move
Research employment opportunities
Apply for jobs before moving
Apply for the rental
Arrange transportation
Gather important documents
Create an emergency fund
Transfer services and accounts
Develop a backup plan
Complete the move

Relationships

Tell trusted people about the plan
Ask a Transformation Confidant to monitor the transition
Research social groups
Attend community events
Introduce myself to neighbors
Avoid immediately recreating old relationship patterns
Build new friendships gradually
Establish emergency contacts in the new city

Sample 21

TRANSFORMATION GOAL

Leave an Abusive Relationship Safely, Rebuild My Independence, and Create a Peaceful Life

TRANSFORMATION STATEMENT

"I am safe, free, supported, and in control of my life. I trust my judgment, protect my privacy, and make decisions that support my well-being. I have a secure home, reliable resources, healthy boundaries, and people I can depend on. I am rebuilding my confidence and creating a peaceful future without abuse."

Physical Body

Seek medical care for injuries or health concerns
Keep essential medication accessible
Prepare a small emergency bag if safe to do so
Identify a safe place to stay
Protect sleep and nutrition during the transition
Use grounding and breathing techniques during stress
Reestablish regular health and self-care routines

Mind

Remind myself that the abuse is not my fault
Contact a qualified domestic-violence advocate
Create a personalized safety plan
Identify manipulation and coercive-control patterns
Keep a private record of important information if safe
Practice the Transformation Mindfulness Method
Seek trauma-informed counseling when available
Use secure devices and private accounts when needed
Focus on one safe decision at a time

Family

Choose safe adults who can support children or dependents
Keep school and childcare contacts current
Plan safe transportation and pickup arrangements
Avoid sharing the safety plan with unsafe people
Preserve important identification and family documents
Ask qualified professionals about custody or protective options
Create calm and predictable routines after leaving

Career / Money

Open a private account
Gather identification, financial records, and employment documents
Create an emergency budget
Ask an advocate about available housing and financial resources
Change account passwords from a safe device
Review credit and shared financial obligations
Protect workplace contact information when necessary
Build income and savings gradually
Consult qualified legal or financial professionals when needed

Relationships

Tell one trusted person what is happening
Create a code word for urgent help
Contact a domestic-violence service from a safe device
Limit contact with the abusive person when safe and legally appropriate
Block unsafe contacts after securing accounts and devices
Lean on people who respect privacy and boundaries
Avoid meeting the abusive person alone
Build a support network slowly

Sample 22

TRANSFORMATION GOAL

Recover After Losing My Job, Restore My Confidence, and Build a More Secure Career

TRANSFORMATION STATEMENT

"I am resilient, prepared, and confident in the value I bring. I responded to job loss with discipline instead of defeat. I manage my finances responsibly, strengthen my skills, and pursue opportunities that match my abilities and values. I have stable work, renewed confidence, and a practical plan for long-term career security."

Physical Body

Keep a consistent weekday wake-up time
Exercise or walk daily
Maintain grooming and professional readiness
Prepare affordable healthy meals

Mind

Separate job loss from my personal worth
Write down accomplishments from previous roles
Identify strengths and transferable skills
Create a structured daily job-search routine
Practice the Transformation Mindfulness Method
Limit catastrophic thinking
Learn to explain the job loss calmly and professionally
Complete one confidence-building task each day
Seek counseling or support if stress becomes overwhelming

Family

Explain the situation honestly and age-appropriately
Create a temporary family spending plan
Protect regular family routines
Ask trusted relatives for practical help when needed
Avoid directing job-search frustration toward loved ones
Schedule low-cost family activities
Keep family members informed of major changes

Career / Money

Apply promptly for eligible assistance
Create an emergency budget
Contact creditors early if needed
Update résumé and professional profiles
Gather references and work samples
Create a list of target positions and employers
Apply for appropriate roles each weekday
Practice interviews and salary discussions
Contact former colleagues and professional groups
Consider temporary, contract, or part-time work
Complete training for one marketable skill
Track applications and follow-up dates
Rebuild emergency savings after returning to work

Relationships

Tell trusted people I am looking for work
Ask professional contacts for specific leads
Stay connected instead of isolating from embarrassment
Set boundaries with people who create panic or shame
Join a professional or job-search group
Thank people who offer useful support
Maintain relationships that are not centered only on employment