

# TRANSITION MASTERY JOURNAL™

## IMPLEMENTING THE FOUR INGREDIENTS OF THE CLUTCH RECIPE™

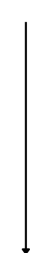
### MANAGE

WHAT ARE YOU THINKING?

WHAT ARE YOU FEELING?

HOW IS YOUR BODY RESPONDING?

SCAN



RESPOND



WHAT IS YOUR PRIMARY THOUGHT?

WHAT FEELING/STATE ARE YOU AFTER?

WHAT DOES YOUR BODY NEED?

*Leverage light, physical exercise like breathing, stretching, etc.*

### CLARIFY

WHO ARE YOU?

*Consider your Role and connect with your Clutch Values™ and/or Purpose*

WHERE ARE YOU?

*Situational awareness: what's your environment telling you?*

WHAT DO YOU NEED?

*The clear goal you're taking into what's next*

WHY DO YOU NEED IT?

*Your true motivation behind your clear goal*

### STRATEGIZE

**SAY IT:**

*Write down how you're going to execute your clear goal (i.e. what you need to do next)*

**SEE IT:**

*Visualize yourself executing your clear goal*

### TRUST & GO

TRUST YOUR PREPARATION, PLAN, PROCESS, & PEOPLE

*Then...*

GO EXECUTE!