

# FOUR FACTORS

## FOR TRANSFORMATIONAL SHIFTS

Your mindset is the strongest determinant of whether or not you can successfully navigate the reinvention process. Here are four factors to consider when you're considering a big shift.



### REDEFINE TIME

As Albert Einstein stated, "Time is relative; its only worth is what you do with it as it is passing". Time is on your side. You have the rest of your life to figure this out. Once you can give yourself the permission to stop feeling as though you haven't done enough, then reinvention can begin.

### EMBRACE UNCERTAINTY

All too often, we're focused on the end result, and the uncertainty that can come from not knowing what's next is daunting. Understand that reinvention may not happen as quickly or in a linear fashion...until you look back at the path you took. Celebrate every step and know that true reinvention may take a few moves before your reinvention is complete.



### LET GO

There are times when we hold on to a dream or idea so tightly that we fail to see that something different or better could be on the horizon. Continue to check in with yourself and ask what you're committed to in this process, and if there's any new information that shifts the equation for you.

### CREATE YOUR LUCK

Did you know that you can create your own luck? According to Planned Happenstance Theory developed by John Krumboltz, it's those chance events that lead to opportunity. Lead with curiosity. Talk to new people. Get involved in new activities. Explore new subjects that you've wanted to know more about. Think about small experiments that you can run in order to learn and create opportunities for luck to come find you.

