

Raise My Game Transition Planning

Current date: Review date:

Competency

Situation

The Transition

Was the transition planned? What is the timeframe for the transition? What plans do I have in place? What are the timeframes?

My History

Any relevant information about how you got to this point, what experiences, successes and failures have marked your journey and what have you learnt?

My Aspirations

Do you have any plans, goals or aspirations? Why are they important to you?

Change Optimism

What is your view and the view of your family and friends to the change? e.g. do you feel energised/excited/expectant or a sense of loss/sadness?

Circle of Support

Please list for each person below their name, how they support you,

what support they have, level of change required for this person. Inner Circle Wife/Partner: Children: Other close family/people in inner circle: Please list for each person below their name, how they support you. Outer Circle Agent: Friends: Organisations/Clubs/Networks/Church: Financial, personal and professional L&D, specialists:

Card Sort Notes

During the card sorts, note down any comments that should be picked up during action planning.

Comments

Change Plans

Logistics Change Plan	Financial Plan	Career Plan
Current plans:	Current plans:	Current plans:
Gaps:	Gaps:	Gaps:

Self Management Plans and Practices

Rituals and Habits, Reflection/Recharging (Prayer, meditation or solitude)	Managing Stress (Relaxation, breathing, communication, coping strategies, avoiding self-sabbotage)	Family Time and Use of Down Time
Current plans:	Current plans:	Current plans:
Gaps:	Gaps:	Gaps:

