

MATTHEW L. BROWN



TRANSPARENT TRANSITIONS

DISTINCTION DRILL

A reflection from the blog post -
"The Transparency of Transition"

A woman with dark, curly hair is sitting on a light-colored carpeted floor. She is wearing a white, short-sleeved top and is looking down with a thoughtful expression. The background is slightly blurred, showing some indoor plants and a wall with a geometric pattern. The overall tone is calm and reflective.

Will you accept the challenge to change?

Setting aside time for reflection and direction can be difficult, but proves to be life-changing.

Distinction Drills are designed to bring strategy to your self-leadership – helping you move from thought to action without losing your values.

@mlbdistinct

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INTRO

Every shift in life comes with motion – a pull from what was and a reach toward what’s next. Transitions are not meant to leave you stuck in the middle; they are designed to move you toward a new place.

Transition is not just a pause or a middle ground. It is the deliberate pathway between where you’ve been and where you are going. To move forward well, you must learn to recognize the lessons, truths, and clarity each transition brings.

Transparency is the ability to see through the blur and name what’s actually happening in the shift.



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CLARIFY YOUR GOALS

Transitions are about more than leaving something behind – they're about arriving at what's next. Take time to name your goals so the shift has purpose and direction.

Complete the prompts below with your future selfs or position in mind.

1. What am I moving toward? _____

2. Why does this matter to me right now? _____

What is one short-term goal I
can reach for in this transition?

What is one long-term vision I
want this transition to serve?

Who will I be at the end of this process?

WHAT TO UNDERSTAND ABOUT TRANSITION

1. There Will Be Signs

Transitions rarely arrive with an announcement, but the signs are always there. You'll notice that what once felt natural now feels forced, or the "grace" you once carried for a role, space, or relationship no longer flows as it used to. These moments aren't failures—they're signals that your season has shifted, and it's time to move forward.

2. Not Everything Can Come With You

Every transition requires choices about what you'll carry forward and what you'll leave behind. Old habits, roles, or even relationships that once served you may not be able to survive in the new place you're stepping into. Transparency means being honest about what can't go with you, so that what matters most has room to grow.

3. Transition Requires Consistent Engagement

Transition is not a one-time decision but an ongoing process. It will keep calling for your attention, testing your commitment, and inviting you to realign when distractions creep in. To move well, you must remain engaged—choosing clarity over comfort, again and again, until you reach new ground.







QUESTIONS TO CONSIDER:

Am I carrying people or things that no longer belongs in this season?

Am I ready to see new ground?

TRANSITION AUDIT EXERCISE

Use this audit to take stock of your transition readiness.

Where do you sense a shift is needed? How can you tell?	Mark the bar to reflect how ready you are to change.	What is holding you back from being 100% ready to move forward?
My self-care I have no room for rest or creativity, I stay frustrated		Uncertainty of juggling work and free time without losing momentum
		
		
		
		
		

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Not everything that is
faced can be changed,
but nothing can be
changed until it is
faced.

JAMES BALDWIN

GUIDED REFLECTION

Take a moment with each question to deepen your transition insight.

Overall, what part of me is resisting transition the most?

What feels most urgent about the changes that are needed in my life?

What might I gain if I fully step
forward into transition?

What emotions have I feared
facing and why?

What would taking one honest next step look like right now?

THE 'OBITUARY' EXERCISE

Use this page to release what no longer serves you and prepare space for what's ahead.

Identify What's Ending

Think about aspects in life, habits, roles, or patterns that no longer fit where you're going.

Here lies _____

Write the Obituary

Treat it like a farewell. Name what's being let go, honor its impact, and release it.

How do you feel after naming and releasing this, and what space does that create for something new to emerge?

PROGRESS & GOALS TRACKER

Use this page as many times as needed to track your transition progress.
Revisit it daily or weekly to measure your progress.

Transition Goal for the Week

Steps to Take Forward

1.	<input type="checkbox"/>
2.	<input type="checkbox"/>
3.	<input type="checkbox"/>

Lesson(s) Learned

DAILY ALIGNMENT CHECK-IN

	S	M	T	W	TH	F	S
Did I take a step forward today?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
Did I avoid what holds me back?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N

WEEKLY REFLECTION

Pause here at the end of the week to notice progress, challenges, and what you want to carry forward.

What felt like progress this week, even if small?

Where did I notice the most resistance? The most progress?

What was triggered in me this week?
How can I move forward differently next time?

How will I carry what I learned into next week?

FINAL REFLECTION

Use these closing questions to capture what this transition has revealed and how you want to carry it forward.

You don't leave yourself behind in transition – you uncover more of who you are.

What did this transition reveal about who I really am?

What strength did I uncover in myself that I didn't recognize before?

What perspective did I grieve & will I no longer carry with me into what's next?

How will I honor this process as I step into the new?

My Vow to Transition

I vow to (1) view transition as a pathway to growth, and
(2) engage in it with honesty, courage, and presence.

Choosing to _____

GO BENEATH THE SURFACE

REAL STORIES. HONEST ALIGNMENT. ONGOING WORK.

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The
Undercurrent
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