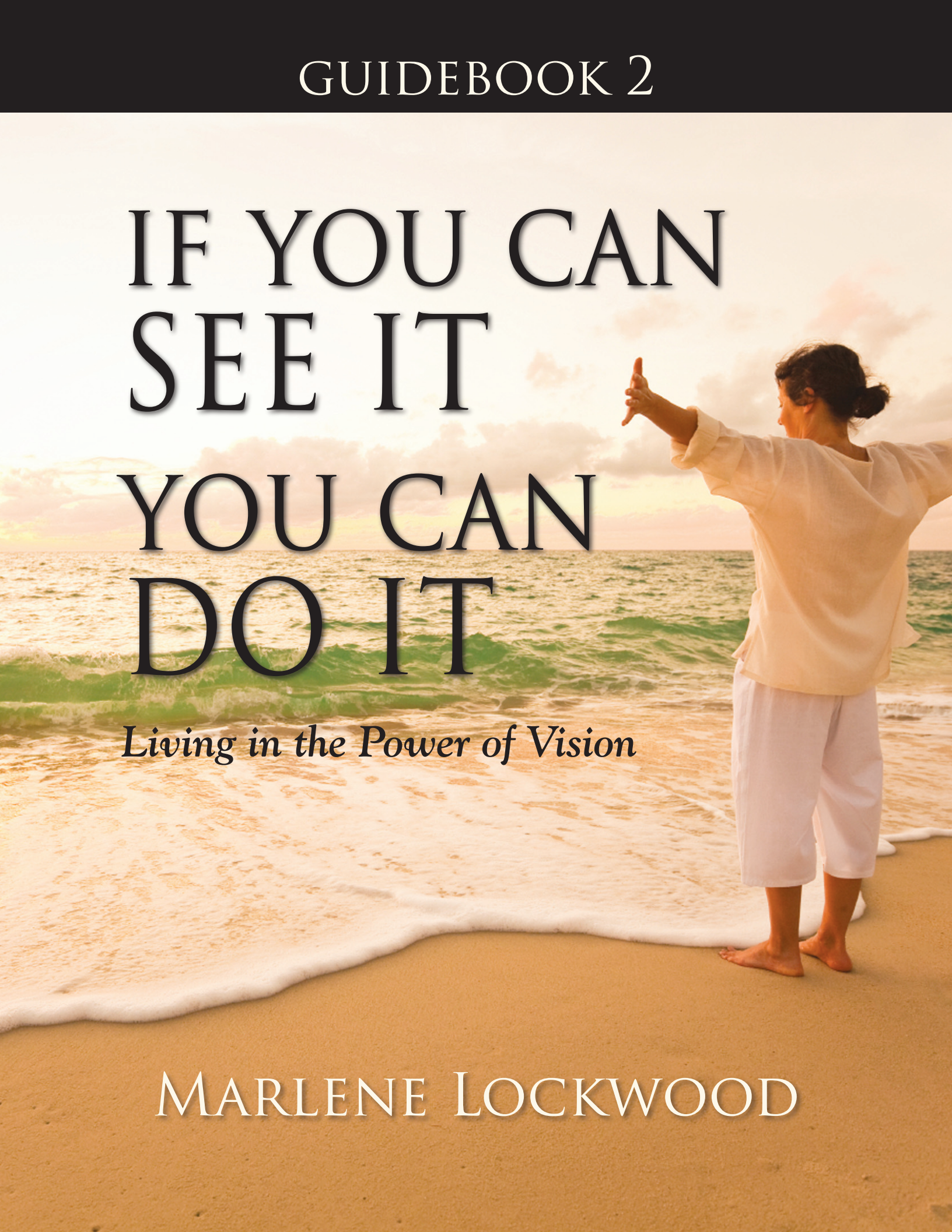
GUIDEBOOK 2

IF YOU CAN SEE IT YOU CAN DO IT

Living in the Power of Vision



MARLENE LOCKWOOD

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Springboard
Transition Coaching with **Marlene Lockwood**
"Start where you are, use what you have, do what you can." ~ Arthur Ashe

Please Note:
This guidebook provides information and exercises to support individuals who have experienced loss and are on the journey of transition. There is no prescribed advice in this book. Instead, it is a pathway to personal improvement through in-depth reflection and exercises.

I ask that all readers progress slowly but surely, honoring a pace for improvement that is natural and positive rather than forced or stress-inducing. Please consult with your healing team, case manager and/or physician as you travel the healing path of grieving.

Any information or suggested actions should always be adapted to maximize the outcomes for the individual involved. Additionally, they can (and should) be tailored to fit the practices of specific support groups in order to honor their unique situations.

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How to Use These Guidebooks

My purpose in these guidebooks is to share with you what I have learned about loss; both as a coach in working with women who have experienced loss, and from my own story of loss and how I learned to cope with pain, to heal and to find joy again. It is my hope that these guidebooks will be an anchor for you and anyone who is experiencing the pain of loss.

As you read and begin to do the exercises in each guidebook, I invite you to trust in yourself to choose the ones that are right for you. Grieving is not a linear process; nor is it about black and white choices. Sometimes you must trust your gut to tell you what the next best step is. Healing from a significant loss happens over time and the process is different for everyone. It simply takes the time it takes.

In these guidebooks you will find information, support, and stories that will support you in moving through the grieving process in a healthier and shorter timeframe. You will find support to identify a new purpose and build a motivating vision that will help guide you into the next phase of your life.

Please note: Should your grief be so great that it is getting in your way of performing the functions of daily living then I encourage you to seek professional help before you do anything else. I want you to know that there is support available to you every step of the way.

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INTRODUCTION

Guidebook #2, *If You Can See It, You Can Do It,* explores the power of purpose and living with a clear, practical vision. You will understand more fully your own formula for life fulfillment. You will have the opportunity to consider questions such as: "If you knew that you already belonged, what would you offer? If you knew you could not fail, what would you do?" These questions and others will be explored as you focus on clarifying your life's purpose and envisioning a powerful new future.

You will learn to recognize the energy drainers in your life and replace them with energizers. You will work to erase limiting beliefs that hold you back from achieving your dreams. It's going to be fun! The work will be challenging, but the rewards will be great.

The question isn't who is going to let me;

it's who is going to stop me.

~ Ayn Rand

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A GUT-WRENCHING EXPERIENCE

The loss that I experienced through my divorce was a long drawn-out process lasting more than five years, with three-and-a-half years between our separation and divorce. At the time the divorce was final, my daughter was doing well in college and my son was successfully running his own business. My dad was doing fairly well since my mother's death, though his Alzheimer's was steadily progressing. The family home had just sold, and it was time for me to fully embrace the new phase of my life that was slowly taking form.

It took courage for me to accept a job offer as an organizational development consultant with a health care system located in another city. But I knew it was a good opportunity for me to begin building my own life, so I began preparing for the move. I got busy packing a house that the four of us had lived in for almost 20 years. It was a huge job both physically and emotionally and much too painful for me to contemplate doing alone.

I had now learned to ask for help more easily. People seemed to know just when to show up for some of the most difficult tasks. A dear friend was there when the memories were too heavy, evoked by sorting through my past family life. My daughter came down from college to help me pack the garage, requiring us to sort through a lifetime of stored memories. My son helped with some of the heavier jobs. And finally, the foreboding task was done.

The movers had loaded the van and left, and I had cleaned up the last dusty remains. However, I felt incomplete and not yet ready to just walk out and close the door behind me. By now I was more in tune to my body and had learned to listen to and respect the wisdom of my feelings. I sensed I needed to perform some kind of ritual to support me in fully releasing my home and the memories that still seemed to linger in each room. I decided to go through each room and express my gratitude for the warmth and security it had provided our family. It seemed to me that then I would be able to fully and symbolically turn my home over to the new family who had purchased it.

Alone in the house with my sage pot burning, I went through each empty room with a spirit of gratitude and of letting go. I said goodbye to the kitchen that had held our busy morning and evening activities, just as I knew it would for the next family. I lingered with my goodbyes in the dining room where we gathered after church and where we celebrated major holidays, birthdays and special events. Then it was the kids' rooms, our bedroom, and the other rooms to say thank you and goodbye, while emotionally letting go.

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It was a gut-wrenching experience—a tears flowing, nose running, sobbing experience. In time, I stood in the front entry ready to leave. I took a couple of deep clearing breaths, and as I did I felt peace, gratitude and a new sense of completion flowing within me. I reverently went out the front door, turned to lock it and climbed into my car ready to begin my new life.

I didn't know it at the time, but I was doing a "sorting, packing, cleaning, letting go" ritual that allowed me to move forward more easily—both physically and emotionally. It is an important part of the grieving process that continues in different forms even as we step more fully into our new lives. Using rituals in this way helps us gently close the door to the past while opening our heart and mind to the future and its possibilities.

It would be nice if the process of grieving fit neatly into boxes, but the journey through personal loss isn't that tidy. Instead, it's a series of starts and stops, climbs and dips, circles and straight-a-ways, unique to each one of us. It is a journey that feels desperately lonely at times as we learn to know and understand ourselves better. We step out to test our ideas and make some headway, sometimes slower and sometimes faster. It is a time of self-discovering, of learning to honor the gifts we have to offer, and to understand more fully what our purpose will be in this new phase of our life.

It is a journey of deep and significant learning. While we continue to use our support network to encourage us along the way, we begin to understand better that our answers lie within us. We become wiser and more in tune with ourselves. The wisdom we gain becomes our bank account of resources available to us as we travel along the path of transition.

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