

Find Clarity and Purpose After Major Change

A practical roadmap for renewal

Move from shock to planning with a three-phase framework, strategies, and support options.



Beacon Rise

The Reality of Life Transitions

How divorce, job loss, and major changes affect health, finances, and relationships



1 Research: men who lose their jobs are 33% more likely to face divorce within 12 months

Job loss quickly increases relationship instability



2 68% greater chance of divorce after a spouse loses their job

Spousal unemployment elevates divorce risk



3 44% report lower health and poorer job performance during divorce

Health and work often decline during divorce



4 Workers who experience divorce typically earn less income than those who do not

Divorce often leads to reduced earnings



5 Nearly half of Americans face a major life transition in any given year

High prevalence highlights broad impact



6 More than 75% who navigate transitions with support reach stability within the first year

Early support improves recovery rates

Why Transitions Feel **Overwhelming**

Routine disrupted



Loss of predictable daily structure increases anxiety and exhaustion

1

Identity shaken



Role changes trigger loss of direction and self doubt

2

Emotional overload



Anxiety, feeling lost, and emotional fatigue are common

3

Practical strain



Finances, childcare, and logistics add tangible pressure

4

Quick coping actions



Validate emotions, avoid self blame, build small predictable routines

5

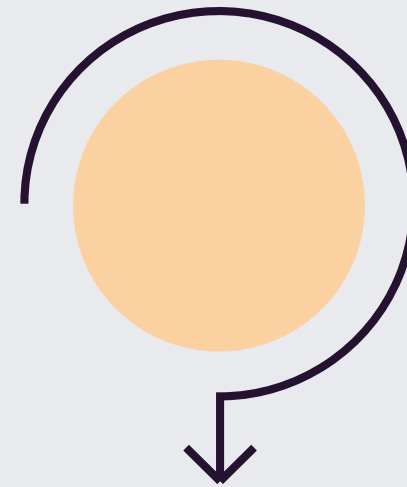
The 3-Phase Transition Framework: Locate Where You Are

Ending, Neutral Zone, New Beginning — identify your phase and next action



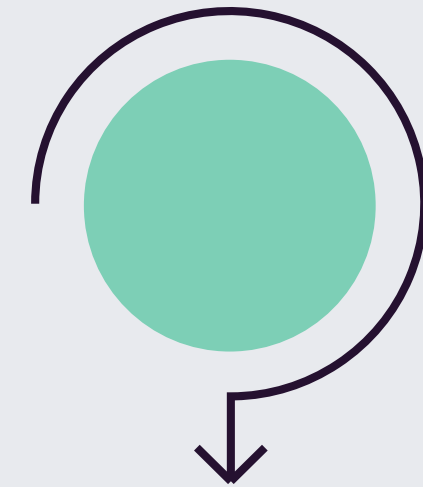
Phase 1: Ending and Letting Go

Acknowledge loss, accept old reality is over, grieve, release expectations. Key Action: permission to grieve.



Phase 2: The Neutral Zone

Experience uncertainty, identity questions, anxiety, feeling stuck. Key Action: reframing uncertainty.



Phase 3: New Beginning

Embrace new normal, discover strengths, build values-aligned life. Key Action: openness to learning.

Five Strategies to Navigate Your Transition

Practical steps for clarity, health, and steady progress



Set Realistic Expectations

- Break goals into smaller, achievable milestones
- Track progress weekly and adjust timelines as needed

1



Find Your Support System

- Reach out to friends, family, or a therapist
- Join peer groups or community resources for shared experience

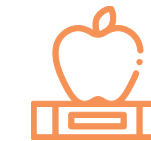
2



Practice Mindfulness

- Use simple breathwork exercises daily
- Try brief grounding practices during stress

3



Take Care of Your Body

- Prioritize sleep, regular movement, and balanced nutrition
- Start small: short walks, consistent sleep schedule

4



Build Resilience Through Self-Compassion

- Use kind self-talk and normalize setbacks
- Treat challenges as learning opportunities

5

Next Steps for a New Chapter

Imagine clarity, community, practical tools, financial stability, and renewed hope



Acknowledge: name what's happening and accept your starting place

Face reality with compassion to reduce overwhelm

1



Orient: clarify values, priorities, and immediate needs

Set a stable inner compass to guide decisions

2



Chart: build a practical plan with manageable steps

Create clear actions for finances, home, and health

3



Move: take consistent, supported action toward goals

Small steps add up to lasting momentum

4



Membership benefits: video modules, workbooks, community, expert guidance, lifetime access

Structured learning plus ongoing support

5



Testimonials: "After my divorce... – Sarah M.", "Losing my job... – David T."

Real experiences of renewed direction

6



Call to action: seek trusted supports and consider course membership as one option

Reach out to friends, professionals, or Beacon Momentum

7



Visit BeaconMomentum.com

Explore course details and next steps

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