

*Transition On Purpose:  
30 Days of Inspiration  
Through Challenge and Change*



by Trisha Jacobson

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***Transition On Purpose:***

***30 Days of Inspiration Through Challenge and Change***

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For more information about Trisha's speaking, coaching and training programs and services, visit *www.trishajacobson.com* or email her at *trisharx@aol.com*.

# Dedication

With heartfelt thanks to family, friends, partners, colleagues and strangers, past and present, who have been a part of my personal and professional transformation. I'm so grateful for the moments, chance meetings, experiences, lessons and the light and love we've shared!

Love,  
Trisha

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# Introduction

**“When the light turns green, you go.  
When the light turns red, you stop  
But what do you do when the light turns blue  
with orange and lavender spots?”  
~Shel Silverstein**

I once used this quote to begin a presentation to a group of pharmacists during a time when our profession was going through huge transition. Years later I found myself inspired by the same quote when I was going through a major life transition that involved a divorce, a major career change, an out of state move and a financial crisis.

At a traffic light, as in life, when we are faced with familiar circumstances, we know exactly what to do. We know what to do at a red light. We stop. At a green light, we go. Once we've been driving for awhile, our foot automatically steps on the accelerator or the brake automatically, powered by our subconscious brain, while our conscious brain continues to think thousands of other thoughts as we travel on to our destination.

This concept in popular learning theory is called unconscious competence. When learning a new task, we consciously practice the task until we gain conscious competence. If we do that task repeatedly over a long period of time, the brain process required to complete the task becomes impressed into our subconscious mind and happens without any conscious thought or effort.

We have mastered driving. We automatically stop at a red light and we go at a green light. Sometimes we drive from Point A to Point B without remembering the details of how we got there. That is unconscious competence. Other examples of unconscious competence include playing a musical instrument or mastery in a sport or a specific skill.

Unfortunately, unconscious competence is achieved even when we are not practicing skills that will benefit us. If we continue to repeat undesirable patterns, cycles and behaviors over time, we gain unconscious competence. We build habits and processes that don't serve us in creating our best life. For example, we can develop unconscious competence when we repeatedly choose not to stand up for ourselves or consistently put others' needs before our own. We develop unconscious competence when we stay in difficult relationships that don't change, continue to do unsatisfying work, continue to create financial chaos or consistently choose negativity, worry and fear over the more beneficial options like positivity, hope and love.

So what happens when something presents that we hadn't expected, anticipated or planned for? For example the loss of a job, dissatisfaction in a relationship, sadness or depression when our kids leave the nest or loss of financial stability. What happens when we sit at the same traffic light but the light is not the familiar red or green, or even yellow, but rather an unfamiliar color or pattern we've never seen or are perhaps just noticing for the first time.

For many of us, the unfamiliar elicits fear. Fear is the response that, during our early days on the planet, activated the fight or flight response and protected man from an attack of wild animals and other life threatening circumstances. Fortunately, today, very rarely are our lives threatened, however our fight or flight response remains intact. Sometimes, the response helps us to avoid real danger; however most of the time the response is simply an unconscious reaction to something that is not at all life threatening but rather is simply unfamiliar.

Today, I often quote Shel Silverstein when coaching individuals and groups who are in transition. It's a great way to start a conversation about fear and how it can keep us stuck. I use a lot of quotes in my work with teens and young adults. I also use quotes on a daily basis myself to help me navigate the many moods, circumstances, opportunities, challenges and successes that life brings my way. I'd like to share some of my favorites with you.

It is my hope that this collection of thirty quotes will provide you and the teens and young adults in your life with daily support and inspiration as you move along on your journey into this

strange place of blue lights with orange and lavender spots. These quotes continue to help me through my process of ongoing transformation.

In order to harness the power of your subconscious mind to fuel your personal transformation, I suggest that you reflect on a quote first thing in the morning and at night just before falling asleep. Keep in mind that the twenty minutes just before falling asleep at night and just as you're awakening in the morning are the most powerful times to engage the subconscious mind and bring positive messages, thoughts and intentions into your conscious world.

By accessing the subconscious mind through purposeful reflection and intention, you will be well on your way to creating the life of your dreams with unconscious competence; easily, effortlessly and joyfully!

Light and love,

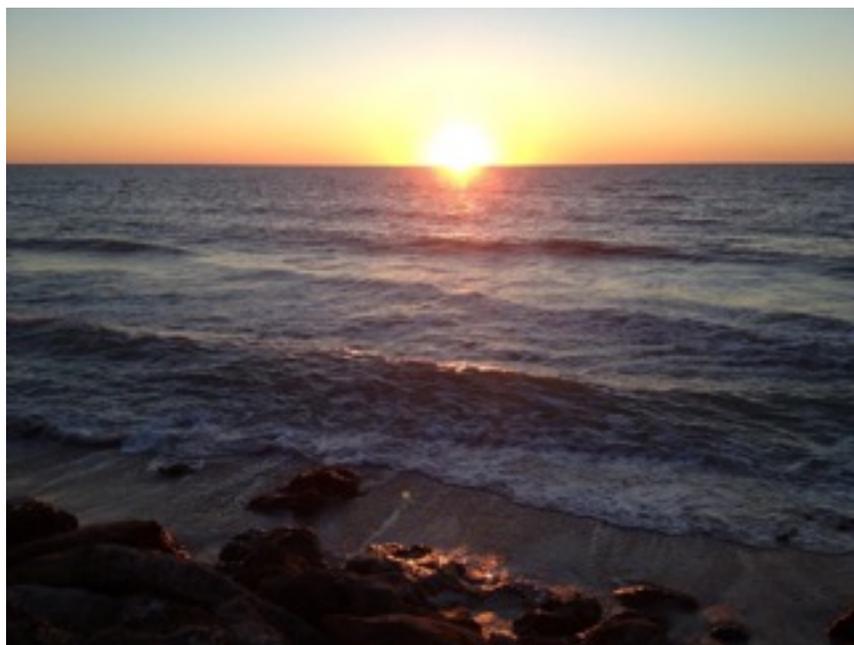
*Trisha*

*Trisha is committed to helping people find their magic through her training events, coaching, mastermind groups and writing, teaching universal principles that helps her students and clients transform culture, enhance productivity and create desired outcomes.*

*She is the founder and owner of Ripple on Silver Lake, a wonderful retreat center in the White Mountains of New Hampshire where she offers workshops, retreats and deep dive coaching sessions to support creating a life of joy, success and fulfillment*

*For more information visit <http://www.trishajacobson.com> or email her at [trisharx@aol.com](mailto:trisharx@aol.com)*

# New Beginnings



Sunset  
Anna Maria Island, Florida

## Day 1

“Every new beginning comes from some other beginning’s end.”

~Seneca

## Day 2

“Today is the first day of the rest of your life.”

~Anonymous

## Day 3

“The best thing about the future is that it comes  
one day at a time.”

~Abraham Lincoln

# Be True to Yourself



Morning Meditation on 11/11/11  
Silver Strand Beach, Coronado, California  
at Breakthrough to Success Advanced Training  
with Jack Canfield

## Day 4

“This above all, to thine own self  
be true.”

~William Shakespeare

## Day 5

“There is only one success ... to spend your life in  
your own way.”

~Christopher Morley

## Day 6

“You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. And you are the guy who'll decide where to go.”

~Dr. Seuss

## Day 7

“Promise me you'll always remember ... you are braver than you believe, and stronger than you seem, and smarter than you think.”

~AA Milne

## Day 8

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.”

~Buddha

## Day 9

“Time you enjoy wasting is not wasted.”

~John Lennon

## Day 10

“The man who goes alone can start today; but he who travels with another must wait till that other is ready.”

~Henry David Thoreau

## Day 11

“The problem is that most people focus on their failures rather than their successes. But the truth is that most people have many more successes than failures.”

~Jack Canfield

# Gratitude



**Grateful for good friends and heart hugs!  
Kindness Weekend 2011  
Mount Washington Valley, NH**

## Day 12

“I have learned silence from the talkative, tolerance from the intolerant, and kindness from the unkind; yet strangely, I am ungrateful to these teachers.”

~Kahlil Gibran

## Day 13

“Sometimes,” said Pooh, “the smallest things take up the most room in your heart.”

~AA Milne

# Challenges



## Day 14

“God grant me the serenity  
to accept the things I cannot change  
the courage to change  
the things I can  
and wisdom to know the difference.”

~Reinhold Niebuhr

## Day 15

“Life is not about waiting for the storms to pass ...  
it’s about learning how to dance in the rain.”

~Vivian Greene

## Day 16

“To solve any problem, here are three questions to ask yourself:

- 1) What could I do?
- 2) What could I read?
- 3) Who could I ask?”

~Jim Rohn

## Day 17

“Brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to show how badly we want something.

Because the brick walls are there to stop the people who don't want something badly enough. They are there to keep out the other people.”

~Randy Pausch

## Day 18

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

~Helen Keller

## Day 19

“As a single footstep will not make a path on the earth,  
so a single thought will not make a pathway in the mind.  
To make a deep physical path, we walk again and again.  
To make a deep mental path, we must think over and  
over the kind of thoughts we wish to dominate our lives.”

~Henry David Thoreau

# Fear



Yikes ... not exactly a walk in the park!  
That's Trisha traversing the Knife Edge on  
Mount Katahdin in Baxter, Maine

## Day 20

“Most fears cannot withstand the test of careful scrutiny and analysis. When we expose our fears to the light of thoughtful examination they usually just evaporate.”

~Jack Canfield

# Faith



Photo courtesy of Lance Zack at <https://www.facebook.com/lance.zack>

**White Mountains of New Hampshire.**

**“Mountains are not stadiums where I satisfy my ambition to achieve;  
they are the cathedrals where I practice my religion.”**

**~Anatoli Boukreev**

## Day 21

“Faith is taking the first step even when you don't see the whole staircase.”

~Martin Luther King, Jr.

# The Past



*My old coffee and reflection spot on  
Hazard Rock  
Narragansett, RI*

## Day 22

“Don't cry because it's over.

Smile because it happened.”

~Dr. Seuss

## Day 23

“When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.”

~Helen Keller

# The Present



Leah and Sylvester doing what they do best ...  
living fully in the present moment and snuggling.

## Day 24

“Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content.”

~Helen Keller

## Day 25

“Sometimes, if you stand on the bottom rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything there is to be known.”

~AA Milne

# The Future



## Day 26

“There are those who look at things the way they  
are, and ask ‘Why?’

I dream of things that never were, and ask ‘Why  
not?’”

~Robert F. Kennedy

## Day 27

“Learn from yesterday, live for today, hope for tomorrow.”

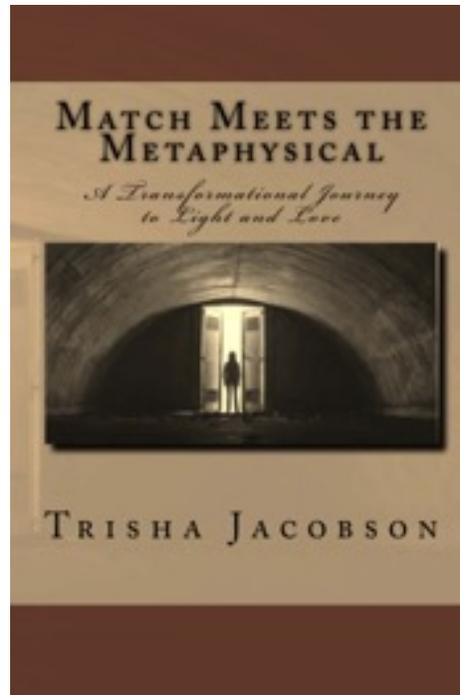
~Albert Einstein

## Day 28

“In the end, it's not the years in your life that count.  
It's the life in your years.”

~Abraham Lincoln

# Dreams & Visions



I once dreamed of being an author.

Today that dream has become a reality.

When I saw the picture of the girl in the doorway for the first time years ago, I knew it would someday be the cover of the book I was yet to write.

I love how the Universe works!

~Trisha

## Day 29

“Do not worry if you have built your castles in the  
air.

They are where they should be.

Now put the foundations  
under them.”

~Henry David Thoreau

## Day 30

“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma ... which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”

~Steve Jobs

**“Our truest life is when we are in dreams awake”**

**~Henry David Thoreau**

It is my hope that the quotes I have shared have provided insight, perspective and motivation to help support you in your transition. You will be amazed at what unfolds as you become clear about why you're here on the planet, decide what you want, set goals to help you get there and lean into planned and inspired action to get there. Adding a daily gratitude practice helps to engage the subconscious mind and supercharges the Law of Attraction in a positive way to support you on your journey. You'll be even more amazed at how quickly it happens once you integrate this approach to life, stay committed to action and act, visualize and feel as if your goals are already accomplished!

Keep in mind that we are spiritual beings having a human experience. Challenge and stress are a part of the process of growth and change. I wish you well in your process.

Feel free to contact me at [trisharx@aol.com](mailto:trisharx@aol.com) if I can support you in your transition and in learning more about how to fully engage your subconscious mind in your conscious process. If you're not convinced, I'm happy to share my experience, process, transformation and miracles with you!

*“What we call the beginning is often the end. And to make an end is to make a beginning.  
The end is where we start from.”*

*~TS Eliot*

## **About the Author**



**Trisha Jacobson**  
**Trainer, Author, Coach**  
**[www.trishajacobson.com](http://www.trishajacobson.com)**

Trisha Jacobson is passionately committed to guiding others to let go of fear, overcome subconscious blocks and heed the intuitive whispers and heart wisdom along the path to self-discovery. Trisha consistently engages her audiences and coaching clients, inspiring them to clarify and pursue their life purpose while taking 100% responsibility for their choices and outcomes. She teaches conscious, subconscious and heart-centered tools to raise self-esteem and empower and motivate her students and clients to develop goals, action steps and accountability plans that lead to success.

What lights Trisha up about this work is that it is fully aligned with the essence of who she is; an intuitive, compassionate and higher powered teacher challenging others to be the best they can be and create the life of their dreams.

What sets her apart from other teachers and coaches is her expertise in both the scientific and spiritual realm and her understanding of the power of the brain and the heart on physical and emotional health and wellbeing and how they're both connected.

Trisha has been personally trained, coached and mentored by Jack Canfield, star of the movie *The Secret*, expert in the *Law of Attraction* and beloved author of the *Chicken Soup for the Soul* series and the *Success Principles: How to Get from Where You Are to Where You Want to Be* for adults and teens as part of his elite Success Principles Train the Trainer program. Trisha runs Jack's live training teams for both his Breakthrough to Success and Train the Trainer live events and has recently helped to facilitate the delivery of portions of live trainings online during the COVID-19 pandemic.

Trisha is the founder of Ripple on Silver Lake, a wonderful retreat center set in the beautiful White Mountains of New Hampshire, where she hosts individual deep dive coaching experiences as well as small group retreats, training events and mastermind groups.

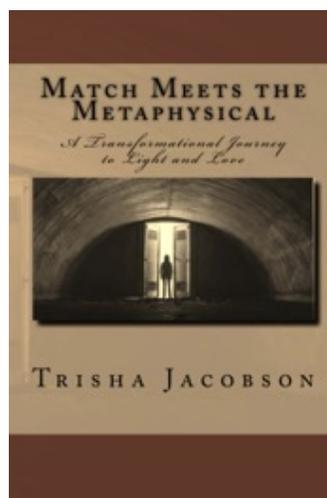
Trisha is profoundly intuitive and often works with spirit guides who provide her with messages and insights that support her work. She is grateful for her dear friend and ex-husband, who gave her the "gift of desperation" through his struggle with addiction. It was through this experience that she became deeply connected with her higher power, began to learn about the healing power of forgiveness and discovered the power of unconditional love.

To learn more about Trisha visit [www.trishajacobson.com](http://www.trishajacobson.com).

To learn more about Trisha's retreat venue visit [www.rippleonsilverlake.com](http://www.rippleonsilverlake.com)

*Now available on Amazon.com ... Trisha's first novel!*

## Match Meets the Metaphysical: A Transformational Journey to Light and Love



Greg was newly engaged. Julia was on a camping trip with a friend. Their paths had crossed on many occasions since childhood, but they had never met. High on the top of Cadillac Mountain on the coast of Maine, immersed in the splendor of the sunrise, they came closer than ever before. Twenty years later, they connected on a dating site in cyberspace. Theirs would be a passionate yet tumultuous relationship that was directed by forces beyond themselves ... for a time and for a reason, but not for this lifetime.

This book reaches into the dream world, spans across lifetimes and delves into the world of the paranormal. It is the story of a man, a woman, the little boy who brought them together, and the power that will always keep them connected.

This story is about releasing fear. It is about accessing the energy that is all around us and using it to support us on our transformational journey. It will open your mind to new possibilities and

expand your capacity for forgiveness, compassion, joy and unconditional love.

A captivating story of transition and transformation, this book is charged with the kind of energy and insight that invites you to explore the depths of your subconscious mind, embrace change like never before and be open to the idea that we are all connected in ways that go well beyond our human understanding. It also provides you with activities and tools to begin connecting with the spirit world, develop your intuitive and psychic abilities and intentionally harness your creative power using the Law of Attraction.

Order today at <https://www.amazon.com/Trisha-Jacobson/dp/1482529629/>.