

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



by Trisha Jacobson

Speaker, Coach, Certified Hypnotherapist

Transition On Purpose Coaching

<http://www.trishajacobson.com>

*Feel free to share this eBook with your family, friends,
colleagues and others in need of inspiration!*

*Special 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!*

Trisha Jacobson

PO Box 207

Eaton, NH 03832

Tel: 603-452-7350

trisharx@aol.com

<http://www.trishajacobson.com>

*“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 do 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

Transition on Purpose provides workshops, trainings and coaching to teens, young adults and women in transition to help them discover their passion and life purpose and use universal principles to achieve success while creating the life of their dreams.

For more information visit <http://www.trishajacobson.com> or call Trisha 603-452-7350 or email her at trisharx@aol.com

New Beginnings



*Sunrise over the bay
Narragansett, Rhode Island*

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:

First, what could I do?

Second, what could I read?

And third, 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.”

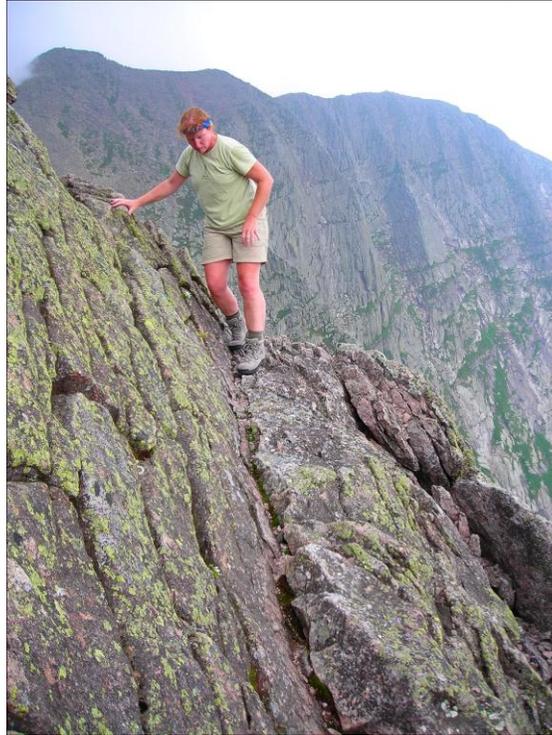
~Helen Keller

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
Mount Katahdin 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



*Sunrise over The Little White Church
Eaton, New Hampshire*

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 looking toward
the Coast Guard House
Narragansett Beach
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 & Vision



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.

My teacher and mentor, Jack Canfield, 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](#), is the world's #1 success coach. In his work he outlines Six Daily Disciplines to help people transform their lives and achieve effortless success.

It is my intention here to share Jack's Daily Disciplines and call you to take daily action towards clarifying and living your life purpose and manifesting the life of your dreams using the Law of Attraction

Jack suggests the following:

- 1) Use [The Success Principles](#) to clarify your [life purpose statement](#), develop affirmations based on specific goals for what you want in your life in the areas of relationships, personal growth, finances, career, health, recreation and contribution/legacy
- 2) Write it all out in an [easy to review format](#) such as 3x5 cards
- 3) Spend 5 minutes twice a day, morning and night, reviewing what you've written.
- 4) Visualize (ideally first thing in the morning and again just before bed) the details of your goals fulfilled. Visualize what would it will look like completed and then match your feelings and vibration to the vision of having already accomplished each goal.
- 5) Get into action using Jack's **Rule of 5 Daily Action Plan** to identify, plan and track action steps toward achieving each of your goals.
- 6) Practice a daily attitude of gratitude by starting your day focused on what you are grateful for. (Here's a [simple tool](#) to help you get started.)

You'll be amazed at what unfolds as you become clear about your life purpose, your goals and the direction you want to take and take action to get there. Adding daily gratitude helps to engage the subconscious mind and the Law of Attraction is activated in a positive way to support you on your journey as opportunities and connections appear and results begin to manifest. You'll be even more amazed at how quickly it happens once you incorporate this process into your 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. In closing I would like to introduce you to a quick and easy tool that I've incorporated into my life and my work. Quick Coherence is a short meditation that is based on years of scientific research that suggest that our heart is pretty powerful in helping us reduce stress in our lives. Staying heart focused and practicing Quick Coherence on a regular basis has been invaluable in my growth and transformation as well as in managing stress. I have begun to teach this technique in all my classes and the response from teens, young adults and women has been amazing! Download your [free Quick Coherence audio](#) for adults and teens and be sure to explore the [Institute of Heartmath's](#) research library and free downloadable to improve test anxiety, reduce financial worries and overall health of children, teens and adults. The more I learn about Heartmath, the more I am convinced it has a huge role to play in human transformation and healthcare in the years to come!

I wish you well in your process. Feel free to contact me at 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



Trisha Jacobson

Speaker, Author, Coach, Certified Hypnotherapist

Transition On Purpose Coaching

Trisha has been developing, coordinating, teaching and presenting educational classes, programs and events for over twenty five years. Her audiences include health professionals, educators, health and human services providers, and coaches as well as parents, teens and young adults.

Professionally trained as a pharmacist, Trisha is a scientist at heart. Over the past several years, she has become an avid explorer of the spiritual realm and is passionate about the recent research that connects science to spirituality.

Trisha has always been intrigued by the human brain, the heart and human behavior and how it's all connected. To further explore this connection, she became a certified hypnotherapist. She uses hypnotherapy as a tool, among many, to help her clients explore new ways to harness the power of the subconscious mind in health and healing, connecting with Universal energy, creating authentic power and manifesting success!

She is an expert in teen brain development with a keen understanding of the biological, physiological and behavioral changes that occur during adolescence. She works with teens, parents and youth service providers around teen pregnancy prevention, substance use and drop-out prevention. She has a unique perspective that she is in the process of developing into trainings to help parents, educators and youth serving organizations maximize their ability to build rapport and facilitate success in teens.

Trisha has been personally mentored by Jack Canfield, 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](#). She is excited to be part of his [Train the Trainer program](#), his [Breakthrough to Success](#) assisting team and working towards bringing Jack's Success Principles to teens and young adults across the country to help transform the future of our youth, our educational system and each other!

Additional Experience

Trisha received her BS in Pharmacy from the University of Rhode Island. As a pharmacy practitioner her practice specialty was adolescent medicine and patient education.

As a corporate business consultant, her primary specialty areas have included professional education, training and program development as well as organizational change management.

Following a major life transition in 2002, Trisha left the corporate world and professional practice and began to explore her true passion and purpose. This journey led her to the mountains and lakes of New Hampshire, which now serves as her home base and spiritual center.

You can contact Trisha at <http://www.trishajacobson.com>, email her at trisharx@aol.com or call her at 603-452-7350

Get inside their brains and gain valuable insight to help you connect with your teens and your students on a deeper, more effective level.

Download Trisha's
TOP 10 Resources to Support and Inspire Teens
today!

- ~Do you break a sweat when you think about having The Sex Talk with your kids?*
 - ~Do you know about Developmental Assets and why they're so important in raising children and guiding teens?*
 - ~Would you like gain more understanding about why your teens act the way they do?*
 - ~How about access to some valuable principles to promote teen success?*
 - ~What's the real deal around peer pressure?*
- And so much more ...*

TOP 10 Resources to Support and Inspire Teens



by Trisha Jacobson

This eBook is packed with valuable tips, tools and resources I think are important if you're raising, supporting, and/or inspiring teens to be the best they can be. It will increase your understanding of teens, help you navigate through the teen years and enhance connection and communicate with the teens in your life.

My area of specialty is teen sexuality, but the reality is I spend the most of my time building rapport with teens, helping them develop effective communication skills and coaching them on self esteem and self confidence. I support them in building healthy relationships and friendships as well as helping them create effective support systems that will support them in making healthy decisions as they navigate through adolescence and plan for their future.

[Click here to order the Kindle and PC version of](#)

[*TOP 10 Resources to Support and Inspire Teens*](#)

for only \$2.97