

# 7 Mistakes Women Make After a Major Life Transition

And How to Move Forward with Confidence

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## Welcome

Life can change in an instant. This guide helps women navigate loss, caregiving transitions, retirement, divorce, and unexpected change with clarity and purpose.

### **Mistake #1: Believing Your Best Days Are Behind You**

Instead: Ask what new opportunities exist today.

### **Mistake #2: Isolating Yourself**

Instead: Reach out to one trusted person this week.

### **Mistake #3: Defining Yourself by Loss**

Instead: Write five qualities that define who you are beyond circumstance.

### **Mistake #4: Waiting Until You Feel Ready**

Instead: Take one small step today.

### **Mistake #5: Ignoring Emotional Health**

Instead: Allow yourself to grieve and heal.

### **Mistake #6: Doing It Alone**

Instead: Seek guidance and support.

### **Mistake #7: Forgetting Purpose Evolves**

Instead: Ask how your experience can serve others today.

## Next Step

If this encouraged you, visit [www.evelynjtaylor.org/rrrrreexperience](http://www.evelynjtaylor.org/rrrrreexperience) to learn more about speaking, coaching, and resources.

Your transition is not the end of your story. It may be the beginning of your greatest purpose.